



LE PROPRIETA' NUTRIZIONALI E SALUTISTICHE DELL'AGLIO



LE PROPRIETA' SALUTISTICHE E NUTRIZIONALI DELL'AGLIO

TA.TA. S.r.l. ha commissionato ad Innovatio S.r.l., società specializzata per l'erogazione di servizi tecnici al settore agroalimentare, uno studio inerente le proprietà nutrizionali e salutistiche dell'aglio secco. Lo studio è stato finalizzato alla elaborazione di una dichiarazione nutrizionale conforme ai requisiti espressi dal Reg. CE 1169/2011 ed alla individuazione dei claims nutrizionali e salutistici previsti dai Reg. CE 1924/2006 et smi e Reg. CE 432/2012 et smi. TA.TA. S.r.l. è pertanto lieta di comunicarVi le risultanze del suddetto studio che di fatto confermano le note proprietà benefiche correlate ad un consumo regolare e costante del nobile e prezioso ortaggio a bulbo!

DICHIARAZIONE NUTRIZIONALE A FRONTE DEL REG. (UE) n.1169/2011

PRODOTTO **AGLIO SECCO ROSSO/BIANCO**

| PARAMETRO | U.M. | VALORE MEDIO PER 100g |
|----------------------------|------|-----------------------|
| ENERGIA | kJ | 705 |
| | kcal | 166 |
| GRASSI | g | 0.5 |
| di cui ACIDI GRASSI SATURI | g | 0.1 |
| CARBOIDRATI | g | 33.0 |
| di cui ZUCCHERI | g | 1.0 |
| FIBRE | g | 2.1 |
| PROTEINE | g | 6.4 |
| SALE | g | 0.0 |

CLAIMS ESPONIBILI A FRONTE DEI REG. (UE) 1924/06, 432/12 E 1169/2011

PRODOTTO **AGLIO SECCO ROSSO/BIANCO**

| PARAMETRO | VALORE MEDIO <i>PER 100g</i> | UM | % AR * PER 100g - ALL XIII - Parte A REG. 1169/2011 |
|-------------|------------------------------|----|-----------------------------------------------------|
| VITAMINA B6 | 1,23 | mg | 61.50 |
| VITAMINA C | 31,2 | mg | 39.0 |
| CALCIO | 181,0 | mg | 22,6 |
| FOSFORO | 153 | mg | 21,9 |
| POTASSIO | 401 | mg | 20.0 |

AR*

ASSUNZIONI DI RIFERIMENTO DI UN ADULTO MEDIO (8400Kj/2000Kcal) - ALL XIII - Parte B REG. (UE) n.1169/2011



INDICAZIONI GENERICHE SULLA SALUTE CORRELATE AL CONSUMO DI AGLIO

In relazione alle risultanze del suddetto studio, ed in accordo con quanto previsto dalla normativa di settore comunitaria, è pertanto possibile affermare che, a fronte di un consumo regolare del prodotto AGLIO SECCO ROSSO o BIANCO ed osservando uno stile di vita sano, si possono trarre i seguenti benefici:

| PARAMETRO | CLAIM NUTRIZIONALE | INDICAZIONI GENERICHE SULLA SALUTE |
|-------------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VITAMINA B6 | ALTO CONTENUTO IN VIT B6 | <ul style="list-style-type: none"> • Contribuisce alla normale formazione dei globuli rossi • Contribuisce alla riduzione della stanchezza e dell' affaticamento • Contribuisce al normale metabolismo energetico • Contribuisce alla normale sintesi della cisteina |
| VITAMINA C | ALTO CONTENUTO IN VIT C | <ul style="list-style-type: none"> • Contribuisce alla normale funzione del sistema immunitario • Contribuisce al normale funzionamento del sistema nervoso • Contribuisce alla protezione delle cellule dallo stress ossidativo • Contribuisce alla normale formazione del collagene per la normale funzione dei vasi sanguigni |
| CALCIO | FONTE DI CALCIO | <ul style="list-style-type: none"> • Contribuisce alla normale coagulazione del sangue • E' necessario per il mantenimento di ossa e denti normali • Contribuisce alla normale funzione muscolare |
| FOSFORO | FONTE DI FOSFORO | <ul style="list-style-type: none"> • Contribuisce alla normale funzione delle membrane cellulari • Contribuisce al mantenimento di ossa e denti normali |
| POTASSIO | FONTE DI POTASSIO | <ul style="list-style-type: none"> • Contribuisce alla normale al mantenimento di una normale pressione sanguigna • Contribuisce alla normale funzione muscolare |

SOFTWARE E FONTI IMPIEGATE PER ELABORAZIONE DICHIARAZIONE NUTRIZIONALE

SOFTWARE DI ELABORAZIONE DATI IMPIEGATI

| NOME COMMERCIALE | VERSIONE | SOFTWARE HOUSE |
|-----------------------------------|-----------|---------------------|
| GENESIS R&D | REL. 2014 | ESHA RESEARCH – USA |
| FOGLIO DI CALCOLO VALIDATO CLAIMS | REL. 2015 | INNOVATIO S.R.L. |

FONTI UTILIZZATE

| DENOMINAZIONE DATA BASE | VERSIONE | NAZIONALITA' |
|-------------------------|------------|--------------|
| USDA | RELEASE 28 | USA |

ALTRA BIBLIOGRAFIA RELATIVA ALLE PROPRIETA' NUTRIZIONALI E SALUTISTICHE DELL'AGLIO

Di seguito alcune tra le più recenti pubblicazioni sul tema verificate sul portale istituzionale PubMed (<http://www.ncbi.nlm.nih.gov/pubmed>) .

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Abstract

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Anticancer Agents Med Chem. 2015 Nov 10. [Epub ahead of print]

Recent Progress of Allicin on Cell Growth Inhibition and Apoptosis in Gastric Cancer Cells.

Luo R, Fang D, Hang H, Tang Z¹.

Author information

Abstract

Gastric cancer remains high prevalence and fatality rates in China even though its morbidity has been decreased drastically. Allicin, which is from an assistance food—garlic (*Allium Sativum* L), was found to be effective in gastric cancer treatment. It is a defensive substance with a board biological properties: inhibition of bacteria, fungus, virus, controlled hypertension, diabetes, and chemoprevention of several cancers, etc. Experiments have shown that allicin can be chemopreventive to gastric cancer by inhibiting the growth of cancer cells, arresting cell cycle at G2/M phase, endoplasmic reticulum (ER) stress, and mitochondria-mediated apoptosis, which includes the caspase-dependent/-independent pathways and death receptor pathway. Those mechanisms probably involve in modulating enzymatic activity, restraining DNA formation, scavenging free radicals, and affecting cell proliferation and even tumor growth. Therefore, this review is focus on the mechanism of allicin in gastric cancer.

PMID: 26555611 [PubMed - as supplied by publisher]



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Abstract

Send to:

Exp Ther Med. 2015 Oct;10(4):1394-1400. Epub 2015 Aug 24.

Protective effect of allicin on high glucose/hypoxia-induced aortic endothelial cells via reduction of oxidative stress.

Wang SL¹, Liu DS², Liang ES³, Gao YH², Cui Y⁴, Liu YZ⁴, Gao W².

Author information

Abstract

This study was designed to explore the protective effect of allicin on aortic endothelial cell injury induced by high glucose/hypoxia and to investigate the corresponding mechanisms. The primary-cultured murine aortic endothelial cells were subcultured. The third passage of cells was adopted and randomly divided into five groups: The normal group (NG), the mannitol group (MG), the high-glucose/hypoxia group (HG), the allicin group (AG) and the protein kinase C (PKC) inhibitor group (GG). The general morphology was observed under an inverted phase-contrast microscope and cell viability was assessed using the MTT assay. Intracellular reactive oxygen species (ROS) levels in the endothelial cells were quantified using dihydroethidium staining. The levels of 8-hydroxydeoxyguanosine (8-OHdG), nuclear factor-κB (NF-κB), NADPH oxidase 4 (Nox4) and hypoxia-inducible factor-1α (HIF-1α) and the activity of PKC were measured using ELISA. A quantitative polymerase chain reaction (qPCR) was adopted to evaluate the mRNA expression of Nox4, HIF-1α and NF-κB. The altered cell morphology observed in HG was notably ameliorated in the AG and GG. The protein levels of 8-OHdG, NF-κB, Nox4, HIF-1α and PKC in the HG were higher than those in the other groups. Furthermore, the cell viability in the AG was significantly increased and the protein levels of 8-OHdG, NF-κB, Nox4, HIF-1α and PKC were significantly decreased compared with those in the HG. The ROS production was found to be increased in the HG cells, while there was a significant decrease in the AG cells. These data indicate that allicin exerts a protective effect against high glucose/hypoxia-induced injury in aortic endothelial cells through its antioxidative action, which may involve the inhibition of the PKC pathway and regulation of HIF-1α.

KEYWORDS: 8-hydroxydeoxyguanosine; NADPH oxidase 4; allicin; hypoxia-inducible factor-1α; oxidative stress

PMID: 26622496 [PubMed] PMCID: PMC4578117 [Free PMC Article](#)



Abstract

Send to:

J Nutr. 2016 Feb;146(2):389S-96S. doi: 10.3945/jn.114.202192. Epub 2016 Jan 13.

Garlic Lowers Blood Pressure in Hypertensive Individuals, Regulates Serum Cholesterol, and Stimulates Immunity: An Updated Meta-analysis and Review.

Ried K¹.

Author information

Abstract

BACKGROUND: Garlic has been shown to have cardiovascular protective and immunomodulatory properties.

OBJECTIVES: We updated a previous meta-analysis on the effect of garlic on blood pressure and reviewed the effect of garlic on cholesterol and immunity.

METHODS: We searched the Medline database for randomized controlled trials (RCTs) published between 1955 and December 2013 on the effect of garlic preparations on blood pressure. In addition, we reviewed the effect of garlic on cholesterol and immunity.

RESULTS: Our updated meta-analysis on the effect of garlic on blood pressure, which included 20 trials with 970 participants, showed a mean \pm SE decrease in systolic blood pressure (SBP) of 5.1 ± 2.2 mm Hg ($P < 0.001$) and a mean \pm SE decrease in diastolic blood pressure (DBP) of 2.5 ± 1.6 mm Hg ($P < 0.002$) compared with placebo. Subgroup analysis of trials in hypertensive subjects (SBP/DBP $\geq 140/90$ mm Hg) at baseline revealed a larger significant reduction in SBP of 8.7 ± 2.2 mm Hg ($P < 0.001$; $n = 10$) and in DBP of 6.1 ± 1.3 mm Hg ($P < 0.001$; $n = 6$). A previously published meta-analysis on the effect of garlic on blood lipids, which included 39 primary RCTs and 2300 adults treated for a minimum of 2 wk, suggested garlic to be effective in reducing total and LDL cholesterol by 10% if taken for >2 mo by individuals with slightly elevated concentrations [e.g., total cholesterol >200 mg/dL (>5.5 mmol/L)]. Garlic has immunomodulating effects by increasing macrophage activity, natural killer cells, and the production of T and B cells. Clinical trials have shown garlic to significantly reduce the number, duration, and severity of upper respiratory infections.

CONCLUSIONS: Our review suggests that garlic supplements have the potential to lower blood pressure in hypertensive individuals, to regulate slightly elevated cholesterol concentrations, and to stimulate the immune system. Garlic supplements are highly tolerated and may be considered as a complementary treatment option for hypertension, slightly elevated cholesterol, and stimulation of immunity. Future long-term trials are needed to elucidate the effect of garlic on cardiovascular morbidity and mortality.

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