

NUTRA PRODUCTS, INC.

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ALLICIN LEVELS AND DOSAGE RECOMMENDATIONS

1. 3600 to 5400 mcg / day allicin is considered to be the effective level to achieve health benefits based on the numerous studies conducted on the health benefits of garlic.
2. Nutra Products, Inc., has nutraceutical garlic available in various allicin levels. To achieve an effective level of allicin, the allicin yield and recommended dosage for a 500 mg capsule or tablet (assuming 100% garlic with no excipients) for our products could be as follows:

<u>PRODUCT</u>	<u>ALLICIN/CAP</u>	<u>DAILY DOSE</u>
2000 Allicin	1000 mcg	4
5000 Allicin	2500 mcg	2
10000 Allicin	5000 mcg	1

3. If a capsule or tablet contains more than 3000 mcg / gm of allicin, garlic kickback (gastrointestinal upset, burping etc.) can be a problem unless an enteric coating is used.
4. We believe an excellent selling point is to state the allicin yield on the label. You can also state “No Rad” for NutraSelect™ Nutraceutical Garlic on your label.