



Zeomineral ***Blackcorms***

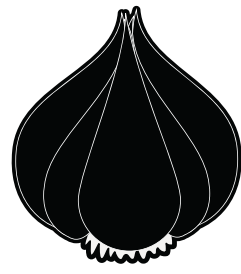
Dietary supplement containing black garlic and pomegranate



What is black garlic?

Black, also known as aged or fermented garlic, has long been used as a raw material in Asian culture.

Black garlic is made by a natural process, without the addition of any additives, under conditions conducive to fermentation. This requires controlled humidity and temperature, and of course all the time required for fermentation, which can be at least one but even three months. During this time, the pearly white cloves inside the garlic heads gradually turn black, losing their firmness, and finally assuming the texture of dried fruit. The procedure banishes the original scent of garlic, giving it an aroma of dried plums, balsamic vinegar and liquorice. The chemical interaction of sugar and amino acids produces melanoidin, which results in a dark tinge.





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Garlic has not been left out from any recipe collection or herbarium for millennia. Its health-preserving and anti-aging effect is many times greater than that of white garlic. For example, it has ten times the antioxidant content, seven times the calcium content of the white version, and overall is significantly more nutritious. It is good for preventing heart disease, restoring cholesterol levels, strengthening the vascular system and also has a blood-purifying effect.

Pomegranate:

Pomegranate is a good source of two essential vitamins: 100 grams contains 10.2 mg of vitamin C, which is 17% of the recommended daily intake. It contains slightly more vitamin K, exactly 16 mcg, which is 20% of the daily guideline values. Vitamin C also enhances the absorption of iron. Vitamin K is also important for maintaining strong and healthy bones as well as proper blood clotting.

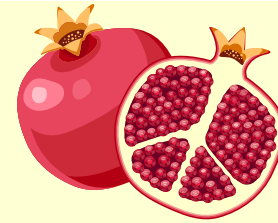


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Health benefits of Pomegranates:



Pomegranate is a deep burgundy fruit that has plenty of seeds: an average-sized pomegranate has nearly 600 seeds. In addition, these seeds are not only delicious, but also have many beneficial properties.

It plays an important role in weight control. Pomegranate seeds are low in calories, but very rich in fibre, so they are also excellent for detoxification and weight loss. Pomegranate has only 83 calories per 100 grams, but more than 4 grams of dietary fibre. They prevent tumours from growing and spreading.

Anthocyanins have anti-inflammatory, antiviral and antimicrobial properties.



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Other benefits:

Thanks to the metabolites of pomegranate, it has a beneficial effect on the tissues of the prostate, colon, diabetes, and intestine, which proves the effectiveness of fruit juice or fruit extracts.

Daily dose: 1x1 or 2x1 capsule.

Packaging: 60 pcs