

Notes

1. Mirondo, Rita i Sheryl Barringer. 2016. «Deodorization of garlic breath by foods, and the role of polyphenol oxidase and phenolic compounds». *Journal of Food Science* 81 (10): C2425-C2430.
2. Koch, H. P. i L. D. Lawson. *Garlic: The Science and Therapeutic Application of Allium sativum L. and Related Species*. Nova York, Nova York: Williams and Wilkins, 1996.
3. Moyers, S. B. *Garlic in Health, History, and World Cuisine*. St. Petersburg, Florida: Suncoast Press, 1996.
4. Lawson, L. D. i R. Bauer. *Phytomedicines of Europe: Chemistry and Biological Activity*. Washington, DC. ACS Symposium Series 691, American Chemical Society, 1998. 176-209.
5. Moyers, S. B., *Garlic in Health, History, and World Cuisine*.
6. Green, O. C. i N. G. Polydoris. «The chemistry of garlic and onions». *Garlic, Cancer and Heart Disease: Review and Recommendations*. Chicago, Illinois: GN Communications, 1993. 21-41.
7. Riddle, J. M. «The medicines of Greco-Roman antiquity as a source of medicines for today». *Prospecting for Drugs in Ancient and Medieval European Texts: A Scientific Approach*. Amsterdam, Països Baixos: Harwood Academic Publishers, 1996. 7-17.
8. Koch, H. P., et al., *Garlic: The Science and Therapeutic Application of Allium sativum L. and Related Species*.
9. Ibíd.
10. Bergner, P. *The Healing Power of Garlic*. Rocklin, California: Prima Publishing, 1996. 3-26.
11. Moyers, S. B., *Garlic in Health, History, and World Cuisine*.
12. Bespalov, V. G., N. Barash, O. A. Ivanova, P. Krzhivitskiĭ, V. F. Semiglazov, V. A. Aleksandrov, N. A. Sobenin i A. N. Orekhov AN. 2004. «Study of an antioxidant dietary supplement 'Karinat' in patients with benign breast disease». *Voprosy Onkologii* 50 (4): 467-472.
13. Hajheydari, Z., M. Jamshidi, J. Akbari i R. Mohammadpour. 2007. «Combination of topical garlic gel and betamethasone valerate cream in the treatment of localized alopecia areata: a double-blind randomized controlled study». *Indian Journal of Dermatology, Venereology and Leprology* 73: 29-32.
14. Denisov, L. N., I. V. Andrianova i S. S. Timofeeva. 1999. «Garlic effectiveness in rheumatoid arthritis». *Terapevticheskii Arkhiv* 71 (8): 55-58.
15. Ahmed, W., A. Zaki i T. Nabil. 2015. «Prevention of methotrexate-induced nephrotoxicity by concomitant administration of garlic aqueous extract in rat». *Turkish Journal of Medicinal Sciences* 45 (3): 507-516.
16. Lee, H. S., C. H. Lee, H. C. Tsai i D. M. Salter. 2009. «Inhibition of cyclooxygenase 2 expression by diallyl sulfide on joint inflammation induced by urate crystal and IL-1 β ». *Osteoarthritis Cartilage* 17 (1): 91-99.

17. Williams, F. M., J. Skinner, T. D. Spector, A. Cassidy, I. M. Clark, R. M. Davidson i A. J. MacGregor. 2010. «Dietary garlic and hip osteoarthritis: evidence of a protective effect and putative mechanism of action». *BMC Musculoskeletal Disorders* 11: 280.
18. Shin, I. S., J. Hong, C. M. Jeon, N. R. Shin, O. K. Kwon, H. S. Kim, J. C. Kim, S. R. Oh i K. S. Ahn. 2013. «Diallyl-disulfide, an organosulfur compound of garlic, attenuates airway inflammation via activation of the Nrf-2/HO-1 pathway and NF-kappaB suppression». *Food and Chemical Toxicology* 62: 506-513.
19. Zare, A., P. Farzaneh, Z. Pourpak, F. Zahedi, M. Moin, S. Shahabi i Z. M. Hassan. 2008. «Purified aged garlic extract modulates allergic airway inflammation in BALB/c mice». *Iran Journal of Allergy Asthma and Immunology* 7 (3): 133-141.
20. Ide, N. i B. H. Lau. 1997. «Garlic compounds protect vascular endothelial cells from oxidized low density lipoprotein-induced injury». *Journal of Pharmacy and Pharmacology* 49: 908-911.
21. Koscielny, J., D. Klussendorf, R. Latza, R. Schmitt, H. Radtke, G. Siegel, i H. Kiesewetter. 1999. «The antiatherosclerotic effect of *Allium sativum*». *Atherosclerosis* 144: 237-249.
22. Breithaupt-Grogler, K., M. Ling, H. Boudoulas i G. G. Belz. 1997. «Protective effect of chronic garlic intake on elastic properties of aorta in the elderly». *Circulation* 96: 2649-2655.
23. Josling, P. 2001. «Preventing the common cold with a garlic supplement: a double-blind, placebo-controlled survey». *Advances in Therapy* 18 (4): 189-193.
24. Tanaka, S., K. Haruma, M. Yoshihara, G. Kajiyama, K. Kira, H. Amagase, i K. Chayama. 2006. «Aged garlic extract has potential suppressive effect on colorectal adenomas in humans». *Journal of Nutrition* 136 (3): 821S-826S.
25. Ngo, S. N., D. B. Williams, L. Cobiac i R. J. Head. 2007. «Does garlic reduce risk of colorectal cancer? A systematic review». *Journal of Nutrition* 137 (10): 2264-2269.
26. Kaschula, C. H., R. Hunter, J. Cotton, R. Tuveri, E. Ngarande, K. Dzobo, G. Schäfer, V. Siyo, D. Lang, D. A. Kusza, B. Davies, A. A. Katz i M. I. Parker. 2016. «The garlic compound ajoene targets protein folding in the endoplasmic reticulum of cancer cells». *Molecular Carcinogenesis* 55 (8): 1213-1228.
27. Yin, X., R. Zhang, C. Feng, J. Zhang, D. Liu, K. Xu, X. Wang, S. Zhang, Z. Li, X. Liu i H. Ma. 2014. «Diallyl disulfide induces G2/M arrest and promotes apoptosis through the p53/p21 and MEK-ERK pathways in human esophageal squamous cell carcinoma». *Oncology Reports* 32 (4): 1748-1756.
28. Lamm, D. i D. R. Riggs. 2000. «The potential application of *Allium sativum* (garlic) for the treatment of bladder cancer». *Urologic Clinics North America* 27: 157-162.
29. Shin, D. Y., H. J. Cha, G. Y. Kim, W. J. Kim i Y. H. Choi. 2013. «Inhibiting invasion into human bladder carcinoma 5637 cells with diallyl trisulfide by inhibiting matrix metalloproteinase activities and tightening tight junctions». *International Journal of Molecular Science* 14 (10): 19911-19922.
30. Kim, W. T., S. P. Seo, Y. J. Byun, H. W. Kang, Y. J. Kim, S. C. Lee, P. Jeong, Y. Seo, S. Y. Choe, D. J. Kim, S. K. Kim, S. K. Moon, Y. H. Choi, G. T. Lee, I. Y. Kim, S. J. Yun i W. J. Kim. 2017. «Garlic extract in bladder cancer prevention: evidence from T24 bladder cancer cell xenograft model, tissue microarray, and gene network analysis». *International Journal of Oncology* 51 (1): 204-212.
31. Roseblade, A., A. Ung i M. Bebwawy. 2017. «Synthesis and in vitro biological

- evaluation of thiosulfinate derivatives for the treatment of human multidrug-resistant breast cancer». *Acta Pharmacologia Sinica* 38 (10): 1353-1368.
32. Sigounas, G., «S-allylmercaptopcysteine inhibits cell proliferation and reduces the viability of erythroleukemia, breast, and prostate cancer cell lines».
33. Pourzand, A., A. Tajaddini, S. Pirouzpanah, M. Asghari-Jafarabadi, N. Samadi, R. Ostadrahimi i Z. Sanaat. 2016. «Associations between dietary allium vegetables and risk of breast cancer: a hospital-based matched case-control study». *Journal of Breast Cancer* 19 (3): 292-300.
34. Bagul, M., S. Kakumanu i T. A. Wilson. 2015. «Crude garlic extract inhibits cell proliferation and induces cell cycle arrest and apoptosis of cancer cells in vitro». *Journal of Medicinal Food* 18 (7): 731-737.
35. Zhou, X. F., Z. S. Ding i N. B. Liu. 2013. «Allium vegetables and risk of prostate cancer: evidence from 132,192 subjects». *Asian Pacific Journal of Cancer Prevention* 14 (7): 4131-4134.
36. Sigounas, G., J. Hooker, A. Anagnostou i M. Steiner. 1997. «S-allylmercaptopcysteine inhibits cell proliferation and reduces the viability of erythroleukemia, breast, and prostate cancer cell lines». *Nutrition and Cancer* 27: 186-191.
37. Myneni, A. A., S. C. Chang, R. Niu, L. Liu, M. K. Swanson, J. Li, J. Su, G. A. Giovino, S. Yu, Z. F. Zhang i L. Mu. 2016. «Raw garlic consumption and lung cancer in a Chinese population». *Cancer Epidemiology, Biomarkers & Prevention* 25 (4): 624-633.
38. Wang, Y., Z. Sun, S. Chen, Y. Jiao i C. Bai. 2016. «ROS-mediated activation of JNK/p38 contributes partially to the pro-apoptotic effect of ajoene on cells of lung adenocarcinoma». *Tumor Biology* 37 (3): 3727-3738.
39. Wang, K., Y. Wang, Q. Qi, F. Zhang, Y. Zhang, X. Zhu, G. Liu, Y. Luan, Z. Zhao, J. Cai, J. Cao i S. Li. 2016. «Inhibitory effects of S-allylmercaptopcysteine against benzo(a)pyrene-induced precancerous carcinogenesis in human lung cells». *International Immunopharmacology* 34: 37-43.
40. Kodali, R. T. i G. D. Eslick. 2015. «Meta-analysis: Does garlic intake reduce risk of gastric cancer?». *Nutritional Cancer* 67 (1): 1-11.
41. González, C. A., G. Pera, A. Agudo, H. B. Bueno-de-Mesquita, M. Ceroti, H. Boeing, M. Schulz, G. Del Giudice, M. Plebani, F. Carneiro, F. Berrino, C. Sacerdote, R. Tumino, S. Panico, G. Berglund, H. Siman, G. Hallmans, R. Stenling, C. Martínez, M. Dorronsoro, A. Barricarte, C. Navarro, J. R. Quirós, N. Allen, T. J. Key, S. Bingham, N. E. Day, J. Linseisen, G. Nagel, K. Overvad, M. K. Jensen, A. Olsen, A. Tjonneland, F. L. Buchner, P. H. Peeters, M. E. Numans, F. Clavel-Chapelon, M. C. Boutron-Ruault, D. Roukos, A. Trichopoulou, T. Psaltopoulou, E. Lund, C. Casagrande, N. Slimani, M. Jenab i E. Riboli. 2006. «Fruit and vegetable intake and the risk of stomach and oesophagus adenocarcinoma in the European Prospective Investigation into Cancer and Nutrition (EPIC-EURGAST)». *International Journal of Cancer* 118: 2559-2566.
42. Zhang, W., M. Ha, Y. Gong, Y. Xu, N. Dong i Y. Yuan. 2010. «Allicin induces apoptosis in gastric cancer cells through activation of both extrinsic and intrinsic pathways». *Oncology Reports* 24: 1585-1592.
43. Yan, J. Y., F. M. Tian, W. N. Hu, J. H. Zhang, H. F. Cai i N. Li. 2013. «Apoptosis of human gastric cancer cells line SGC 7901 induced by garlic-derived compound S-

- allylmercaptocysteine (SAMC)». *European Review for Medical and Pharmacological Sciences* 17 (6): 745-751.
44. Park, H. S., G. Y. Kim, I. W. Choi, N. D. Kim, H. J. Hwang, Y. W. Choi i Y. H. Choi. 2011. «Inhibition of matrix metalloproteinase activities and tightening of tight junctions by diallyl disulfide in AGS human gastric carcinoma cells». *Journal of Food Science* 76: T105-111.
45. Yousuf, S., A. Ahmad, A. Khan, N. Manzoor i L. A. Khan. 2010. «Effect of diallyldisulphide on an antioxidant enzyme system in *Candida species*». *Canadian Journal of Microbiology* 56 (10): 816-821.
46. Khodavandi, A., F. Alizadeh, N. S. Harmal, S. M. Sidik, F. Othman, Z. Sekawi, M. A. Jahromi, K. P. Ng i P. P. Chong. 2011. «Comparison between efficacy of allicin and fluconazole against *Candida albicans* in vitro and in a systemic candidiasis mouse model». *FEMS Microbiology Letters* 315 (2): 87-93.
47. Sabitha, P., P. M. Adhikari, S. M. Shenoy, A. Kamath, R. John, M. V. Prabhu, S. Mohammed, S. Baliga i U. Padmaja. 2005. «Efficacy of garlic paste in oral candidiasis». *Tropical Doctor* 35 (2): 99-100.
48. Bordia, A., S. K. Verma i K. C. Srivastava. 1998. «Effect of garlic (*Allium sativum*) on blood lipids, blood sugar, fibrinogen and fibrinolytic activity in patients with coronary artery disease». *Prostaglandins, Leukotrienes, & Essential Fatty Acids* 58: 257-263.
49. Ashraf, R., et al., «Garlic (*Allium sativum*) supplementation with standard antidiabetic agent provides better diabetic control in type 2 diabetes patients».
50. Balaha, M., S. Kandeel i W. Elwan. 2016. «Garlic oil inhibits dextran sodium sulfate-induced ulcerative colitis in rats». *Life Sciences* 146: 40-51.
51. Shi, L., Q. Lin, X. Li, Y. Nie, S. Sun, X. Deng, L. Wang, J. Lu, Y. Tang i F. Luo. 2017. «Alliin, a garlic organosulfur compound, ameliorates gut inflammation through MAPK-NF- κ B/AP-1/STAT-1 inactivation and PPAR- γ activation». *Molecular Nutrition and Food Research* 61 (9).
52. Ashraf, R., R. A. Khan i I. Ashraf. 2011. «Garlic (*Allium sativum*) supplementation with standard antidiabetic agent provides better diabetic control in type 2 diabetes patients». *Pakistan Journal of Pharmaceutical Sciences* 24 (4): 565-570.
53. Mix, Charles, Bernard Fantus i William Augustus Evans. *The Practical Medicine Series*. Chicago, Illinois: The Year Book Publishers, 1918.
54. Sasaki, J., T. Kita, K. Ishita, H. Uchisawa i H. Matsue. 1999. «Antibacterial activity of garlic powder against *Escherichia coli* O-157». *Journal of Nutritional Science and Vitaminology* (Tòquio) 45: 785-790.
55. Ushimaru, P. I., L. N. Barbosa, A. A. Fernandes, L. C. Di Stasi i A. Fernandes Jr. 2012. «In vitro antibacterial activity of medicinal plant extracts against *Escherichia coli* strains from human clinical specimens and interactions with antimicrobial drugs». *Natural Products Research* 26 (16): 1553-1557.
56. Palaksha, M. N., M. Ahmed i S. Das. 2010. «Antibacterial activity of garlic extract on streptomycin-resistant *Staphylococcus aureus* and *Escherichia coli* solely and in synergism with streptomycin». *Journal of Natural Science Biology and Medicine* 1 (1): 12-15.
57. Rapp, A., G. Grohmann, P. Oelzner, B. Uehleke i C. Uhlemann. 2006. «Does garlic influence rheologic properties and blood flow in progressive systemic sclerosis?».

58. Bjarnsholt, T., P. Ø. Jensen, T. B. Rasmussen, L. Christophersen, H. Calum, M. Hentzer, H. P. Hougen, J. Rygaard, C. Moser, L. Eberl, N. Høiby i M. Givskov. 2005. «Garlic blocks quorum sensing and promotes rapid clearing of pulmonary *Pseudomonas aeruginosa* infections». *Microbiology* 151 (12): 3873-3880.
59. Shams-Ghahfarokhi, M., M. R. Shokoohamiri, N. Amirrajab, B. Moghadasi, Ghajari, F. Zeini, G. Sadeghi i M. Razzaghi-Abyaneh. 2006. «In vitro antifungal activities of *Allium cepa*, *Allium sativum* and ketoconazole against some pathogenic yeast and dermatophytes». *Fitoterapia* 77 (4): 321-323.
60. Li, W. R., Q. S. Shi, H. Q. Dai, Q. Liang, X. B. Xie, X. M. Huang, G. Z. Zhao, and L. X. Zhang. 2016. «Antifungal activity, kinetics and molecular mechanism of action of garlic oil against *Candida albicans*». *Science Reports* 6: 22805.
61. Harris, J. C., S. Plummer, M. P. Turner i D. Lloyd. 2000. «The microaerophilic flagellate *Giardia intestinalis*: *Allium sativum* (garlic) is an effective antigiardial». *Microbiology* 146 (12): 3119-3127.
62. Ankri, S. i Sr. Mirelman. 1999. «Antimicrobial properties of allicin from garlic». *Microbes and Infection* 1 (2): 125-129.
63. Park, E. Y., S. H. Ki, M. S. Ko, C. W. Kim, M. H. Lee, Y. S. Lee i S. G. Kim. 2005. «Garlic oil and DDB, comprised in a pharmaceutical composition for the treatment of patients with viral hepatitis, prevents acute liver injuries potentiated by glutathione deficiency in rats». *Chemical Biological Interactions* 155 (1-2): 82-96.
64. Lee, M. H., Kim, Y. M. i Kim, S. G. 2012. «Efficacy and tolerability of diphenyl-dimethyl-dicarboxylate plus garlic oil in patients with chronic hepatitis». *International Journal of Clinical Pharmacology and Therapeutics* 50 (11): 778-786.
65. Xiong, X. J., Wang, P. Q., Li, S. J., Li, X. K., Zhang, Y. Q. i Wang, J. 2015. «Garlic for hypertension: A systematic review and meta-analysis of randomized controlled trials». *Phytomedicine* 22 (3): 352-361.
66. Ried, K., O. R. Frank i N. P. Stocks. 2013. «Aged garlic extract reduces blood pressure in hypertensives: a dose-response trial». *European Journal of Clinical Nutrition* 67 (1): 64-70.
67. Ried, K., N. Travica i A. Sali. 2016. «The effect of aged garlic extract on blood pressure and other cardiovascular risk factors in uncontrolled hypertensives: the AGE at heart trial». *Integrated Blood Pressure Control* 9: 9-21.
68. Mahdavi-Roshan, M., J. Nasrollahzadeh, A. Mohammad Zadeh i A. Zahedmehr. 2016. «Does garlic supplementation control blood pressure in patients with severe coronary artery disease? A clinical trial study». *Iranian Red Crescent Medical Journal* 18 (11): e23871.
69. Sasaki, J., T. Kita, K. Ishita, H. Uchisawa, H. Matsue. 1999. «Antibacterial activity of garlic powder against *Escherichia coli* O-157». *Journal of Nutritional Science and Vitaminology* 45 (6): 785-790.
70. Naganawa, R., N. Iwata, K. Ishikawa, H. Fukuda, T. Fujino i A. Suzuki. 1996. «Inhibition of microbial growth by ajoene, a sulfur-containing compound derived from garlic». *Applied and Environmental Microbiology* 62 (11): 4238-4242.
71. Mozaffari Nejad, A. S., S. Shabani, M. Bayat i S. E. Hosseini. 2014. «Antibacterial effect of garlic aqueous extract on *Staphylococcus aureus* in hamburger». *Jundishapur Journal of Microbiology* 7 (11): e13134.

72. Ebrahimi, F., M. Dolatian, F. Moatar i H. A. Majd. 2015. «Comparison of the therapeutic effects of Garcin® and fluconazole on *Candida vaginitis*». *Singapore Medical Journal* 56 (10): 567-572.
73. Kianoush, S., M. Balali-Mood, S. R. Mousavi, V. Moradi, M. Sadeghi, B. Dadpour, O. Rajabi i M. T. Shakeri. 2012. «Comparison of therapeutic effects of garlic and d-Penicillamine in patients with chronic occupational lead poisoning». *Basic & Clinical Pharmacology & Toxicology* 110 (5): 476-481.
74. Ejia, M. E., B. E. Asikong, C. Abriba, G. E. Arikpo, E. E. Anwan i K. H. Enyildoh. 2007. «A comparative assessment of the antimicrobial effects of garlic (*Allium sativum*) and antibiotics on diarrheagenic organisms». *Southeast Asian Journal of Tropical Medicine and Public Health* 38 (2): 343-348.
75. Linares, M. B., et al., «Efficacies of garlic and *L. sakei* in wine-based marinades for controlling *Listeria monocytogenes* and *Salmonella* spp. in *chouriço de vinho*, a dry sausage made from wine-marinated pork».
76. Jeong, J. W., S. Park, C. Park, Y. C. Chang, D. O. Moon, S. O. Kim, G. Y. Kim, H. J. Cha, H. S. Kim, Y. W. Choi, W. J. Kim, Y. H. Yoo i Y. H. Choi. 2014. «N-benzyl-N-methyldecan-1-amine, a phenylamine derivative isolated from garlic cloves, induces G2/M phase arrest and apoptosis in U937 human leukemia cells». *Oncology Reports* 32 (1): 373-381.
77. Park C., S. Park, Y. H. Chung, G. Y. Kim, Y. W. Choi, B. W. Kim i Y. H. Choi. 2014. «Induction of apoptosis by a hexane extract of aged black garlic in the human leukemic U937 cells». *Nutritional Research and Practice* 8 (2): 132-137.
78. Ling H., J. He, H. Tan, L. Yi, F. Liu, X. Ji, Y. Wu, H. Hu, X. Zeng, X. Ai, H. Jiang i Q. Su. 2017. «Identification of potential targets for differentiation in human leukemia cells induced by diallyl disulfide». *International Journal of Oncology* 50 (2): 697-707.
79. Xu, B., B. Monserrat, J. E. Gairin i E. Girbal-Neuhauser. 2004. «Effect of ajoene, a natural antitumor small molecule, on human 20S proteasome activity in vitro and in human leukemic HL60 cells». *Fonamentals of Clinical Pharmacology* 18 (2): 171-180.
80. Linares, M. B., M. D. Garrido, C. Martins i L. Patarata. 2013. «Efficacies of garlic and *L. sakei* in wine-based marinades for controlling *Listeria monocytogenes* and *Salmonella* spp. in *chouriço de vinho*, a dry sausage made from wine-marinated pork». *Journal of Food Science* 78 (5): 719-724.
81. Nillert N., W. Pannangrong, J. U. Welbat, W. Chaijaroonkhanarak, K. Sripanidkulchai i B. Sripanidkulchai. 2017. «Neuroprotective effects of aged garlic extract on cognitive dysfunction and neuroinflammation induced by β -amyloid in rats». *Nutrients* 39 (1): 24.
82. Chauhan, N. B. i J. Sandoval. 2007. «Amelioration of early cognitive deficits by aged garlic extract in Alzheimer's transgenic mice». *Phytotherapy Research* 21 (7): 629-640.
83. Urbina, J. A., E. Marchan, K. Lazard, G. Visbal, R. Apitz-Castro, F. Gil, T. Aguirre, M. M. Piras i R. Piras. 1993. «Inhibition of phosphatidylcholine biosynthesis and cell proliferation in *Trypanosoma cruzi* by ajoene, an antiplatelet compound isolated from garlic». *Biochemical Pharmacology* 45 (12): 2381-2387.
84. Coppi, A., M. Cabinian, Sr. Mirelman i P. Sinnis. 2006. «Antimalarial activity of allicin, a biologically active compound from garlic cloves». *Antimicrobial Agents and Chemotherapy* 50 (5): 1731-1737.

85. Mishra, S. K., O. P. Asthana, S. Mohanty, J. K. Patnaik, B. S. Das, J. S. Srivastava, S. K. Satpathy, S. Dash, P. K. Rath i K. Varghese. 1995. «Effectiveness of α , β -arteether in acute falciparum malaria». *Transactions of the Royal Society of Tropical Medicine and Hygiene* 89 (3): 299-301.
86. Govindan, V., A. N. Panduranga i P. Krishna Murthy. 2016. «Assessment of in vivo antimalarial activity of arteether and garlic oil combination therapy». *Biochemistry and Biophysics Reports* 5: 359-364.
87. Wang, Q., Y. Wang, Z. Ji, X. Chen, Y. Pan, G. Gao, H. Gu, Y. Yang, B. C. Choi, i Y. Yan. 2012. «Risk factors for multiple myeloma: a hospital-based case-control study in Northwest China». *Cancer Epidemiology* 36 (5): 439-444.
88. Mukherjee, M., A. S. Das, S. Mitra i C. Mitra. 2004. «Prevention of bone loss by oil extract of garlic (*Allium sativum* Linn.) in an ovariectomized rat model of osteoporosis». *Phytotherapy Research* 18 (5): 389-394.
89. Mukherjee, M., A. S. Das, D. Das, S. Mukherjee, S. Mitra i C. Mitra. 2006. «Role of oil extract of garlic (*Allium sativum* Linn.) on intestinal transference of calcium and its possible correlation with preservation of skeletal health in an ovariectomized rat model of osteoporosis». *Phytotherapy Research* 20 (5): 408-415.
90. Mukherjee, M., A. S. Das, D. Das, S. Mukherjee, S. Mitra i C. Mitra. 2006. «Effects of garlic oil on postmenopausal osteoporosis using ovariectomized rats: comparison with the effects of lovastatin and 17beta-estradiol». *Phytotherapy Research* 20 (1): 21-27.
91. Ledezma, E., L. DeSousa, A. Jorquera, J. Sanchez, A. Lander, E. Rodriguez, M. K. Jain i R. Apitz-Castro. 1996. «Efficacy of ajoene, an organosulphur derived from garlic, in the short-term therapy of tinea pedis». *Mycoses* 39 (9-10): 393-395.
92. Ledezma, E., K. Marcano i A. Jorquera. 2000. «Efficacy of ajoene in the treatment of tinea pedis: A double-blind and comparative study with terbinafine». *Journal of the American Academy of Dermatology* 43: 829-832.
93. Ledezma, E., et al., «Ajoene in the topical short-term treatment of tinea cruris and tinea corporis in humans».
94. Ledezma, E., J. C. López, P. Marin, H. Romero, G. Ferrara, L. De Sousa, A. Jorquera i R. Apitz Castro. 1999. «Ajoene in the topical short-term treatment of tinea cruris and tinea corporis in humans. Randomized comparative study with terbinafine». *Arzneimittelforschung* 49 (6): 544-547.
95. Ibrahim, A. N. 2013. «Comparison of in vitro activity of metronidazole and arlic-based product (Tomex®) on *Trichomonas vaginalis*». *Parasitology Research*. 112 (5): 2063-2067.
96. Jain, R. C. 1998. «Anti tubercular activity of garlic oil». *Indian Journal of Pathology and Microbiology* 41 (1): 131.
97. Hasan, N., N. Yusuf, Z. Toossi i N. Islam. 2006. «Suppression of *Mycobacterium tuberculosis* induced reactive oxygen species (ROS) and TNF-alpha mRNA expression in human monocytes by allicin». *FEBS Letters* 580 (10): 2517-2522.
98. Hannan, A., M. Ikram Ullah, M. Usman, S. Hussain, M. Absar i K. Javed. 2011. «Anti-mycobacterial activity of garlic (*Allium sativum*) against multidrug resistant and non-multi-drug resistant *Mycobacterium tuberculosis*». *Pakistan Journal of Pharmaceutical Sciences* 24 (1): 81-85.
99. Su, Q. S., Y. Tian, J. G. Zhang i H. Zhang. 2008. «Effects of allicin supplementation on plasma markers of exercise-induced muscle damage, IL-6 and antioxidant

capacity». *European Journal of Applied Physiology* 103 (3): 275-283.

100. Li, G., Z. Shi, H. Jia, J. Ju, X. Wang, Z. Xia, L. Qin, C. Ge, Y. Xu, L. Cheng, P. Chen i G. Yuan. 2000. «A clinical investigation on garlicin injectio for treatment of unstable angina pectoris and its actions on plasma endothelin and blood sugar levels». *Journal of Traditional Chinese Medicine* 20 (4): 243-246.
101. Rahman, K. i D. Billington. 2000. «Dietary supplementation with aged garlic extract inhibits ADP-induced platelet aggregation in humans». *Journal of Nutrition* 130: 2662-2665.
102. Bordia, A., et al., «Effect of garlic (*Allium sativum*) on blood lipids, blood sugar, fibrinogen and fibrinolytic activity in patients with coronary artery disease».
103. Kenawy, S., G. F. Mohammed, S. Younes i A. I. Elakhras. 2014. «Evaluation of TNF- α serum level in patients with recalcitrant multiple common warts, treated by lipid garlic extract». *Dermatologic Therapy* 27 (5): 272-277.
104. Thomas, A., S. Thakur i S. Mhambrey. 2015. «Comparison of the antimicrobial efficacy of chlorhexidine, sodium fluoride, fluoride with essential oils, alum, green tea, and garlic with lime mouth rinses on cariogenic microbes». *Journal of International Society of Preventative and Community Dentistry* 5 (4): 302-308.
105. Fani, M. M., J. Kohanteb i M. Dayaghi. 2007. «Inhibitory activity of garlic (*Allium sativum*) extract on multidrug-resistant *Streptococcus mutans*». *Journal of Indian Society of Pedodontics and Preventive Dentistry* 25 (4): 164-168.
106. Shams-Ghahfarokhi, M., et al., «In vitro antifungal activities of *Allium cepa*, *Allium sativum* and ketoconazole against some pathogenic yeasts and dermatophytes».
107. Marschollek, C., F. Karimzadeh, M. Jafarian, M. Ahmadi, S. M. Mohajeri, S. Rahimi, E. J. Speckmann i A. Gorji. 2017. «Effects of garlic extract on spreading depression: In vitro and in vivo investigations». *Nutritional Neuroscience* 20 (2): 127-134.
108. Kianoush, S., et al., «Comparison of therapeutic effects of garlic and d-Penicillamine in patients with chronic occupational lead poisoning».
109. Ejaz, S., I. Chekarova, J. W. Cho, S. Y. Lee, S. Ashraf i C. W. Lim. 2009. «Effect of aged garlic extract on wound healing: a new frontier in wound management». *Drug and Chemical Toxicology* 32 (3): 191-203.
110. Sarhan, W. A., H. M. Azzazy i I. M. El-Sherbiny. 2016. «Honey/chitosan nanofiber wound dressing enriched with *Allium sativum* and *Cleome drosierifolia*: enhanced antimicrobial and wound healing activity». *ACS Applied Materials & Interfaces* 8 (10): 6379-6390.
111. Eja, M. E., B. E. Asikong, C. Abriba, G. E. Arikpo, E. E. Anwan i K. H. Enyildoh. 2007. «A comparative assessment of the antimicrobial effects of garlic (*Allium sativum*) and antibiotics on diarrheagenic organisms». *Southeast Asian Journal of Tropical Medicine and Public Health* 38 (2): 343-348.
112. Pantoja, C. V., L. C. Chiang, B. C. Norris i J. B. Concha. 1991. «Diuretic, natriuretic and hypotensive effects produced by *Allium sativum* (garlic) in anaesthetized dogs». *Journal of Ethnopharmacology* 31 (3): 325-331.
113. Kim, H. K. 2016. «Garlic supplementation ameliorates UV-induced photoaging in hairless mice by regulating antioxidative activity and MMPs expression». *Molecules* 21 (1): 70.
114. Imai, J., N. Ide, Nagae S., T. Moriguchi, H. Matsuura i Y. Itakura. 1994.

- «Antioxidant and radical scavenging effects of aged garlic extract and its constituents». *Planta Medica* 60: 417-420.
115. Bakhshi, M., J. B. Taheri, S. B. Shabestari, A. Tanik i R. Pahlevan. 2012. «Comparison of therapeutic effect of aqueous extract of garlic and nystatin mouthwash in denture stomatitis». *Gerodontology* 29 (2): e680-684.
116. Mendoza-Juache, A., S. Aranda-Romo, J. R. Bermeo-Escalona, A. Gómez-Hernández, A. Pozos-Guillén i L. O. Sánchez-Vargas. 2017. «The essential oil of *Allium sativum* as an alternative agent against *Candida* isolated from dental prostheses». *Revista Iberoamericana de Micología* 34 (3): 158-164.
117. Abrams, G. A. i M. B. Fallon. 1998. «Treatment of hepatopulmonary syndrome with *Allium sativum* L. (garlic): a pilot trial». *Journal of Clinical Gastroenterology* 27 (3): 232-235.
118. Najafi Sani, M., H. R. Kianifar, A. Kianee i G. Khatami. 2006. «Effect of oral garlic on arterial oxygen pressure in children with hepatopulmonary syndrome». *World Journal of Gastroenterology* 12 (15): 2427-2431.
119. Clement, Y. N., J. Morton-Gittens, L. Basdeo, A. Blades, M. J. Francis, N. Gomes, M. Janjua i A. Singh. 2007. «Perceived efficacy of herbal remedies by users accessing primary healthcare in Trinidad». *BMC Complementary and Alternative Medicine* 7: 4.
120. Liu, Y., T. M. Che, M. Song, J. J. Lee, J. A. Almeida, D. Bravo, W. G. Van Alstine i J. E. Pettigrew. 2013. «Dietary plant extracts improve immune responses and growth efficiency of pigs experimentally infected with porcine reproductive and respiratory syndrome virus». *Journal of Animal Science* 91 (12): 5668-5679.
121. Percival, S. S. 2016. «Aged garlic extract modifies human immunity». *Journal of Nutrition* 146 (2): 433S-436S.
122. Miean, K. H. i S. Mohamed. 2001. «Flavonoid (myricetin, quercetin, kaempferol, luteolin, and apigenin) content of edible tropical plants». *Journal of Agriculture and Food Chemistry* 49 (6): 3106-3112.
123. Mukherjee, D. i S. Banerjee. 2013. «Learning and memory promoting effects of crude garlic extract». *Indian Journal of Experimental Biology* 51 (12): 1094-1100.
124. Pintana, H., J. Sripathiwandee, L. Supakul, N. Apaijai, N. Chattipakorn i S. Chattipakorn. 2014. «Garlic extract attenuates brain mitochondrial dysfunction and cognitive deficit in obese-insulin resistant rats». *Applied Physiology, Nutrition and Metabolism* 39 (12): 1373-1379.
125. Ghasemi, S., M. Hosseini, A. Feizpour, F. Alipour, A. Sadeghi, F. Vafaee, T. Mohammadpour, M. Soukhtanloo, A. Ebrahimzadeh Bideskan i F. Beheshti. 2017. «Beneficial effects of garlic on learning and memory deficits and brain tissue damages induced by lead exposure during juvenile rat growth is comparable to the effect of ascorbic acid». *Drug and Chemical Toxicology* 40 (2): 206-214.
126. Percival, S. S. 2016. «Aged garlic extract modifies human immunity». *Journal of Nutrition* 146 (2): 433S-436S.
127. Xiong, X. J., et al., «Garlic for hypertension: A systematic review and meta-analysis of randomized controlled trials».
128. Galeone, C., C. Pelucchi, R. Talamini, E. Negri, L. Dal Maso, M. Montella, V. Ramazzotti, S. Franceschi i C. La Vecchia. 2007. «Onion and garlic intake and the odds of benign prostatic hyperplasia». *Urology* 70 (4): 672-676.
129. Chung, K. S., S. J. Shin, N. Y. Lee, S. Y. Cheon, W. Park, S. H. Sun i H. J. An. 2016.

- «Anti-proliferation effects of garlic (*Allium sativum* L.) on the progression of benign prostatic hyperplasia». *Phytotherapy Research* 30 (7): 1197-1203.
130. Pai, S. T. i M. W. Platt. 1995. «Antifungal effects of *Allium sativum* (garlic) extract against the Aspergillus species involved in otomycosis». *Letters in Applied Microbiology* 20 (1): 14-18.
131. Oi, Y., T. Kawada, C. Shishido, K. Wada, Y. Kominato, S. Nishimura, T. Ariga i K. Iwai. 1999. «Allyl-containing sulfides in garlic increase uncoupling protein content in brown adipose tissue, and noradrenaline and adrenaline secretion in rats». *Journal of Nutrition* 129 (2): 336-342.
132. Soleimani, D., Z. Paknahad, G. Askari, B. Iraj i A. Feizi. 2016. «Effect of garlic powder consumption on body composition in patients with nonalcoholic fatty liver disease: A randomized, double-blind, placebo-controlled trial». *Advanced Biomedical Research* 5: 2.
133. Womack, C. J., D. J. Lawton, L. Redmond, M. K. Todd i T. A. Hargens. 2015. «The effects of acute garlic supplementation on the fibrinolytic and vasoreactive response to exercise». *Journal of the International Society of Sports Nutrition* 12: 23.
134. Lee, E. K., S. W. Chung, J. Y. Kim, J. M. Kim, H. S. Heo, H. A. Lim, M. K. Kim, S. Anton, T. Yokozawa i H. Y. Chung. 2009. «Allylmethylsulfide down-regulates X-ray irradiation-induced nuclear factor-kappaB signaling in C57/BL6 mouse kidney». *Journal of Medicine and Food* 12 (3): 542-551.
135. Chang, H. S., D. Endoh, Y. Ishida, H. Takahashi, S. Ozawa, M. Hayashi, A. Yabuki i O. Yamato. 2012. «Radioprotective effect of alk(en)yl thiosulfates derived from allium vegetables against DNA damage caused by X-ray irradiation in cultured cells: antiradiation potential of onions and garlic». *The Scientific World Journal* 2012: 846750.
136. Sumioka, I., T. Matsura i K. Yamada. 2001. «Therapeutic effect of S-allylmercaptocysteine on acetaminophen-induced liver injury in mice». *European Journal of Pharmacology* 433: 177-185.
137. Naji, K. M., E. S. Al-Shaibani, F. A. Alhadi, S. A. Al-Soudi i M. R. D'souza. 2017. «Hepatoprotective and antioxidant effects of single clove garlic against CCl4-induced hepatic damage in rabbits». *BMC Complementary and Alternative Medicine* 17 (1): 411.
138. Park, E. Y., et al., «Garlic oil and DDB, comprised in a pharmaceutical composition for the treatment of patients with viral hepatitis, prevents acute liver injuries potentiated by glutathione deficiency in rats».
139. Ko, J. W., J. Y. Shin, J. W. Kim, S. H. Park, N. R. Shin, I. C. Lee, I. S. Shin, C. Moon, S. H. Kim, S. H. Kim i J. C. Kim. 2017. «Protective effects of diallyl disulfide against acetaminophen-induced nephrotoxicity: A possible role of CYP2E1 and NF-κB». *Food and Chemical Toxicology* 102: 156-165.
140. Weber, N. D., D. O. Andersen, J. A. North, B. K. Murray, L. D. Lawson i B. G. Hughes. 1992. «In vitro virucidal effects of *Allium sativum* (garlic) extract and compounds». *Planta Medica* 58: 417-423.
141. Nantz, M. P., C. A. Rowe, C. E. Muller, R. A. Creasy, J. M. Stanilka i S. S. Percival. 2012. «Supplementation with aged garlic extract improves both NK and γδ-T cell function and reduces the severity of cold and flu symptoms: a randomized, double-blind, placebo-controlled nutrition intervention». *Clinical Nutrition* 31 (3): 337-344.

142. Josling P., «Preventing the common cold with a garlic supplement: a double-blind, placebo-controlled survey».
143. White, E. i Sherlock, C. 2005. «The effect of nutritional therapy for yeast infection (candidiasis) in cases of chronic fatigue syndrome». *Journal of Orthomolecular Medicine* 20 (3): 193-209.
144. Yousuf, S., et al., «Effect of diallyldisulphide on an antioxidant enzyme system in *Candida* species».
145. Bielory, L. 2004. «Complementary and alternative interventions in asthma, allergy, and immunology». *Annals of Allergy, Asthma & Immunology* 93 (2 Suppl 1): S45-54.
146. Bespalov, V. G., et al., «Study of an antioxidant dietary supplement 'Karinat' in patients with benign breast disease».
147. O' Gara, E. A., Sr. J. Hill i Sr. J. Maslin. 2000. «Activities of garlic oil, garlic powder, and their diallyl constituents against *Helicobacter pylori*». *Applied and Environmental Microbiology* 66: 2269-73.
148. Sivam, G. P. 2001. «Protection against *Helicobacter pylori* and other bacterial infections by garlic». *Journal of Nutrition* 131 (3s): 1106S-1108S.
149. Jonkers, D., E. van den Broek, I. van Dooren, C. Thijs, E. Dorant, G. Hageman i E. Stobberingh. 1999. «Antibacterial effect of garlic and omeprazole on *Helicobacter pylori*». *The Journal of Antimicrobial Chemotherapy* 43 (6): 837-839.
150. El-Ashmawy, N. E., E. G. Khedr, H. A. El-Bahrawy i H. M. Selim. 2016. «Gastroprotective effect of garlic in indomethacin induced gastric ulcer in rats». *Nutrition* 32 (7-8): 849-854.
151. Dehghani, F., A. Merat, M. R. Panjehshahin i F. Handjani. 2005. «Healing effect of garlic extract on warts and corns». *International Journal of Dermatology* 44: 612-615.
152. Hata, F. T., M. U. Ventura, M. G. Carvalho, A. L. Miguel, M. S. Souza, M. T. Paula i M. A. Zawadneak. 2016. «Intercropping garlic plants reduces *Tetranychus urticae* in strawberry crop». *Experimental and Applied Acarology* 69 (3): 311-321.
153. Hile, A. G., Z. Shan, S. Z. Zhang i E. Block. 2004. «Aversion of European starlings (*Sturnus vulgaris*) to garlic oil treated granules: garlic oil as an avian repellent. Garlic oil analysis by nuclear magnetic resonance spectroscopy». *Journal of Agriculture and Food Chemistry* 52 (8): 2192-2196.
154. Palacio-Landín, J., P. Mendoza-de Gives, Sr. O. Salinas-Sánchez, M. E. López-Arellano, E. Liébano-Hernández, V. M. Hernández-Velázquez i M. G. Valladares-Cisneros. 2015. «In vitro and in vivo nematocidal activity of *Allium sativum* and *Tagetes erecta* extracts against *Haemonchus contortus*». *Turkiye Parazitoloji Dergisi* 39 (4): 260-264.
155. Qualls, W. A., J. Scott-Fiorenzano, G. C. Müller, K. L. Arheart, J. C. Beier i R. D. Xue. 2016. «Evaluation and adaptation of attractive toxic sugar baits for *Culex tarsalis* and *Culex quinquefasciatus* control in the Coachella Valley, Southern California». *The American Mosquito Control Association* 32 (4): 292-299.
156. Junnila, A., E. E. Revay, G. C. Müller, V. Kravchenko, W. A. Qualls, R. D. Xue, S. A. Allen, J. C. Beier i Y. Schlein. 2015. «Efficacy of attractive toxic sugar baits (ATSB) against *Aedes albopictus* with garlic oil encapsulated in beta-cyclodextrin (sugar) as the active ingredient». *Acta Tropica* 152: 195-200.
157. Bharadwaj, A., L. E. Hayes i K. C. Stafford. 2015. «Effectiveness of garlic for the

- control of *Ixodes scapularis* (Acari: Ixodidae) on residential properties in Western Connecticut». *Journal of Medical Entomology* 52 (4): 722-725.
158. Garrett, H., J. Ferguson i M. Amaranthus. 2012. *Organic Management for the Professional*. Austin, Texas: University of Texas Press.
159. Plata-Rueda, A., L. C. Martínez, M. H. D. Santos, F. L. Fernandes, C. F. Wilcken, M. A. Soares, J. E. Serrão i J. C. Zanuncio. 2017. «Insecticidal activity of garlic essential oil and their constituents against the mealworm beetle, *Tenebrio molitor* Linnaeus (Coleoptera: Tenebrionidae)». *Scientific Reports* 7: 46406.
160. Wang, X., Q. Li, L. Shen, J. Yang, H. Cheng, S. Jiang, C. Jiang i H. Wang. 2014. «Fumigant, contact, and repellent activities of essential oils against the darkling beetle, *Alphitobius diaperinus*». *Journal of Insect Science* 14: 75.
161. Rahimi-Esboei, B., M. A. Ebrahimzadeh, H. Fathi i F. Rezaei Anzahaei. 2016. «Scolicidal effect of *Allium sativum* flowers on hydatid cyst protoscolices». *The European Review for Medical and Pharmacological Sciences* 20 (1): 129-132.
162. Mirondo, Rita, *et al.*, «Deodorization of garlic breath by foods, and the role of polyphenol oxidase and phenolic compounds».
163. Koscielny, J., D. Klüssendorf, R. Latza, R. Schmitt, H. Radtke, G. Siegel, H. Kiesewetter. 1999. «The antiatherosclerotic effect of *Allium sativum*». *Atherosclerosis* 144 (1): 237-249.
164. Xiong, X. J., P. Q. Wang, S. J. Li, X. K. Li, Y. Q. Zhang, J. Wang. 2015. «Garlic for hypertension: A systematic review and meta-analysis of randomized controlled trials». *Phytomedicine* 22 (3): 352-361. doi:10.1016/j.phymed.2014.12.013
165. Bonaduce, I., M. P. Colombini i S. Diring. 2006. «Identification of garlic in old gildings by gas chromatography-mass spectrometry». *Journal of Chromatography A* 1107 (1-2): 226-232.