

FACT SHEET – GARLIC

National Cancer Institute – FACT SHEET: Garlic and Cancer Prevention

Posted Date: Wednesday, November 27, 2002

GARLIC

Garlic is the edible bulb from a plant in the lily family. Garlic, onions, leeks, scallions, shallots and chives are classified as members of the Allium genus. Thus, they are commonly described as Allium vegetables.

Does garlic prevent cancer?

A host of studies provide compelling evidence that garlic and its organic allyl sulfur components are effective inhibitors of the cancer process. These studies reveal that the benefits of garlic are not limited to a specific species, to a particular tissue, or to a specific carcinogen. Of 37 observational studies in humans using garlic and related allyl sulfur components, 28 studies showed some cancer preventive effect. The evidence is particularly strong for a link between garlic and prevention of prostate and stomach cancers