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New Clinical Study Finds Kyolic® Aged Garlic Extract™ Significantly Improves Aerobic Fitness

LOS ANGELES (March 27, 2025) — Aerobic fitness (“cardio”) is important at every age and stage of life. It’s especially true for people who engage in recreational endurance activities like biking, dancing, running, or swimming. But arterial stiffness—which worsens with age—compromises blood circulation, increasing the odds of developing high blood pressure and cardiovascular disease while also decreasing the supply of oxygen to the body’s tissues. This, in turn, can worsen aerobic fitness.

Studies have shown that Kyolic Aged Garlic Extract (AGE) can improve blood pressure and arterial stiffness, effectively “rejuvenating” the arteries that carry nutrient- and oxygen-rich blood to all the tissues and organs in the body, including muscles. These findings led Dr. Karin Ried, the Director of Research at the *National Institute of Integrative Medicine* in Melbourne, Australia, to hypothesize that AGE could improve aerobic fitness due to its ability to increase arterial flexibility.

To test her theory, Dr. Ried, in conjunction with researchers at Australia’s University of Adelaide, University of Melbourne, and the Commonwealth Scientific and Industrial Research Organization, recruited 75 middle-aged recreational endurance athletes to participate in a 12-week clinical trial. During the double-blind, placebo-controlled study, the participants were randomly divided into three groups: those taking a daily placebo, those taking a daily low-dose (1.2g) of AGE powder, and those taking a daily high-dose (2.4g) of AGE powder.

At the end of the study, Dr. Ried and her team found that those in both AGE groups experienced a significant improvement in their aerobic fitness. This was evidenced by higher lactate threshold-to-oxygen uptake, higher lactate threshold-to-power output, increased aerobic power, and quicker post-workout recovery time. The amount of oxygen taken up by muscles during exercise (VO₂max) and pulse-wave velocity, which is a measure of arterial flexibility, also improved in the AGE groups. These benefits weren’t seen in those taking the placebo. Those participants taking AGE also had a lower risk of cardiovascular disease compared to those in the placebo group.

“These results indicate that AGE is not only effective against arterial stiffness and hypertension, but also improves the exercise capacity in healthy people and helps to build a body (that’s) resistant to fatigue,” notes Dr. Ried.

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About Wakunaga of America: Since its establishment in 1972, the Wakunaga group of companies has played a unique role in promoting consumer health worldwide through the research, development, manufacturing and marketing of high-quality medicinal herbs. The corporate philosophy of Wakunaga centers around a commitment to research and a mission to serve public health. This mission is accomplished by providing products of the highest quality, which are supported by truthful science and accompanied by helpful consumer information.

About the National Institute of Integrative Medicine and Dr. Karin Ried: The National Institute of Integrative Medicine (NIIM) is a not-for-profit organization which brings together education and research in Integrative Medicine, as well as facilitating its practice at the NIIM Clinic in Melbourne. At the heart of NIIM are four core values: Respect, Integrity, Care and Courage. These values guide the organization's mission to 'Empower People and Transform Healthcare.'

Dr. Karin Ried is Director of Research at the National Institute of Integrative Medicine. Dr. Ried is Adjunct Professor at Torrens University, VIC, Australia, and Honorary Visiting Research Fellow at The University of Adelaide, South Australia. Dr. Ried has more than 20 years of experience in medical and public health research, and a research interest in complementary and integrative medicine with a focus on nutritional health.

Highlights

- Earlier studies show that Aged Garlic Extract (AGE) improves arterial stiffness and blood pressure, and this fosters better oxygen-rich blood flow to the body's tissues.
- To see if these benefits also resulted in improved aerobic fitness, a group of Australian researchers conducted a 12-week clinical trial involving 75 middle-aged recreational endurance athletes.
- According to the findings of this randomized, double-blind, placebo-controlled trial, taking AGE daily improved aerobic fitness, specifically by improving VO₂max, lactate threshold and arterial flexibility, increasing aerobic power, and reducing recovery time.
- The participants who took AGE also had a lower risk of developing cardiovascular disease.

References

Gruenwald J, Bongartz U, Bothe G, et al. Effects of aged garlic extract on arterial elasticity in a placebo-controlled clinical trial using EndoPAT™ technology. *Experimental & Therapeutic Medicine*. 2020;19(2):1490-99.

Ried K, Paye Y, Beale D, et al. Kyolic aged garlic extract improves aerobic fitness in middle-aged recreational endurance athletes: A randomized double-blind placebo-controlled 3 month trial. Presented at the 7th International Garlic Symposium, Munich, Germany. April 2024. *Experimental & Therapeutic Medicine*. 2025;29:86.

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