

How to Eat Garlic

? The best way to eat garlic:

1. Raw garlic has the best effect. It is best to crush the garlic into mud and let it stand for 10-15 minutes, so that the two effective substances hidden in garlic, garlicin and garlic enzyme, can be fully contacted to form a colourless liquid--allicin.

? Matters needing attention when eating garlic:

1. The therapeutic effect of sprouted garlic is very small.
2. The pickled garlic should not be left for too long to avoid destroying the effective ingredients of garlic.
3. Garlic should not be eaten on an empty stomach.
4. Garlic should not be eaten. It is better to use 2-3 petals. Too much consumption at one time will affect the absorption of vitamin B. Large consumption of garlic also has an irritating effect on the eyes, easily causing blepharitis and conjunctivitis.
5. People who are not suitable for using garlic: patients with hepatitis, patients with eye diseases, non-bacterial enteritis and diarrhea, and severe patients with other diseases.

? How to remove bad breath after eating garlic:

1. Chewing gum
2. Drink a cup of coffee, milk or green tea
3. Chewing some green tea leaves, the effect is better

[Chinese garlic suppliers](#) provide reasonable [China garlic price](#) garlic price and high quality garlic for consumers all over the world, which is suitable for cooking a variety of delicious food.