

## Pure White Garlic

Do you know how many kinds of garlic there are? According to the bulb skin color, we can divide fresh garlic on the market into two categories: purple garlic and pure white garlic.

Purple garlic, also known as normal white garlic. As its name suggests, the skin is purple. Its garlic cloves are large and uniform, with a pungent flavor. Mainly distribute in the north, northwest and northeast of China. This kind of garlic has high yield and good quality. Because of its weak cold resistance, normal white garlic can only be sown in spring and the mature stage is relatively late.

Pure white garlic or snow white garlic, this product is very clean with a white skin that is very thin and free of impurities. It is characterized by small amount of garlic cloves, mild pungent taste and rich nutrition. Pure white garlic can be sown in autumn and the mature period is shorter than purple garlic.



Normal white garlic/Pure white garlic

Both types of garlic have health benefits, but purple garlic is better at killing bacteria than pure white garlic. That's because it is spicier and contains higher levels of the active ingredient allicin.

PIONEER GARLIC GROUP				
Type	Size	Package	Price	Certificate
Normal white garlic	5-5.5cm	Loose packing	FOB	BRC GAP
Pure White Garlic	5.6-6cm	Small packing	CIF	HACCP
	6-6.5cm	Customized packing	CNF	ISO

In addition, there is also a type of single clove garlic. This kind of garlic origin mainly in Yunnan Province. Compared to the first two types of garlic, single clove garlic is generally

smaller and has a unique spicy taste. For this reason it contains the highest concentration of allicin, so its sterilization effect is best.

Our company is committed to providing customers with any types of high-quality garlic products. The factory is located in Jinxiang County, Shandong Province, the largest garlic growing area in China. The most important thing for us is to control the quality strictly. Relying on the local excellent natural condition and combining with our years of production and management experience, we have provide the customers from all over the world with top quality fresh garlic.

Over the years, we have been constantly expanding our product line. In addition to the export of ordinary fresh garlic, also developed the black garlic, garlic powder, garlic granules, dehydrated garlic pieces and other production lines, trying to provide customers with a comprehensive range of garlic products.



Working with customers

### **Is chewing raw garlic good for you?**

Garlic contains a kind of composition called "allyl sulfide". Its bactericidal ability can be up to one tenth of penicillin. Above all, fresh garlic has a good killing effect on pathogenic bacteria

and can play a role in preventing influenza, preventing wound infection and treating infectious diseases. When garlic is cooked, allicin breaks down quickly and reducing its bactericidal effect. Therefore, the best way to prevent and treat infectious diseases is to eat raw garlic.

Also note that garlic can make gastric acid secretion increased, people with gastrointestinal tract disease should not eat garlic. Another thing to remember is that the sprouted garlic has little effect. And do not marinate garlic for too long to avoid damaging the active ingredients.



Top quality products to market by Pioneer Garlic Group.

### **How many cloves garlic a day?**

Garlic can not only sterilize inflammation, but also prevent cancer, cardiovascular and cerebrovascular diseases. So should we eat as much garlic as possible? The answer is no. After research, experts suggest that eating 0.125 grams of garlic per kilogram of body weight per day is the best way to prevent cancer. This means that a 80 kg person need to eat three to four cloves of garlic (about 10 grams) a day.

People who can't accept the pungent taste of garlic can try adding fresh garlic slices or garlic powder when cooking. However, the cooking time should not be too long, so as not to destroy the activity of the active ingredient in garlic.