



Garlic Powder

Rich in Nutrients: Garlic powder is packed with essential vitamins and minerals, such as Vitamin C, B6, calcium, iron, and manganese.

Antioxidant Properties: It contains antioxidants, which help combat oxidative stress and protect against cell damage.

Supports Immune Health: Known for its immune-boosting properties, garlic powder may help the body fight infections and improve overall immunity.

Improves Heart Health: Studies suggest that garlic can help lower cholesterol levels and reduce blood pressure, contributing to heart health.

Anti-Inflammatory: Garlic powder has anti-inflammatory properties that may help reduce inflammation and promote better joint health.

