



Raw Garlic nutritional composition chart per 100g

01 MAJOR CONSTITUENTS

Water (58.6 g), Energy (623 kJ), Protein (6.36 g), Total fat (0.5 g), Ash (1.5 g), Carbohydrate (33.1 g), Total dietary fibre (2.1 g), Sugars (1 g).

02 MINERALS

Calcium (181 mg), Iron (1.7 mg), Magnesium (25 mg), Phosphorous (153 mg), Potassium (401 mg), Sodium (17 mg), Zinc (1.16 mg), Copper (0.299 mg), Manganese (1.67 mg), Selenium (14.2 µg).

03 VITAMINS

Vitamin C (31.2 mg), Thiamin (0.2 mg), Riboflavin (0.11 mg), Niacin (0.7 mg), Pantothenic acid (0.596 mg), Vitamin B6 (1.24 mg), Total Folate (3 µg), Total Choline (23.2 mg), Vitamin A (9 IU), Vitamin E (0.08 mg), Vitamin K(1.7 µg).

04 FATTY ACIDS

Total saturated fatty acids (0.089 g), Total monounsaturated fatty acids (0.011 mg), Total polyunsaturated fatty acids (0.249 g).

05 AMINO ACIDS

Tryptophan (0.066 g), Isoleucine (0.217 g), Leucine (0.308 g), Lysine (0.273 g), Methionine (0.076 g), Cystine (0.065 g), Phenylalanine (0.0183 g), Tyrosine (0.081 g), Valine (0.291 g), Arginine (0.634 g), Histidine (0.113 g), Alanine (0.152 g), Aspartic acid (0.489 g), Glutamic acid (0.805 g), glycine (0.2 g), Proline (0.1 g), Serine (0.19g)

Garlic Therapy

SJ Ball



Garlic Therapy:

Whispering the Techniques of Language: An Emotional Journey through **Garlic Therapy**

In a digitally-driven world where speed reigns supreme and immediate transmission drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words usually go unheard. However, located within the pages of **Garlic Therapy** an interesting literary prize blinking with fresh emotions, lies an extraordinary journey waiting to be undertaken. Penned by a talented wordsmith, that enchanting opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the mental depths of the emotional review, we can embark upon a honest exploration of the book's primary subjects, dissect its fascinating writing style, and yield to the powerful resonance it evokes deep within the recesses of readers' hearts.

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