

Xinjiang Plateau Garlic

Xinjiang plateau garlic originates from an altitude of 2800 meters, and the temperature during the growth period is below 25 degrees. The garlic is irrigated by the snowmelt and ice water of the Kunlun Mountains and the unique geographical environment has created its high allicin content, good quality, unique taste, and storage durability. Known for its "spicy", it is rich in various vitamins and amino acids needed by the human body, and is a non-polluting pure natural plateau green food. It is called "longevity garlic" by local herders.

The garlic also has extremely high health and medicinal value, and has the functions of sterilization, anticancer, and cold fighting. The "allicin" in garlic has obvious inhibitory and killing effects on many kinds of bacteria such as diphtheria bacillus and typhoid bacillus. "glycoside" has a significant effect of lowering blood pressure, and "garlic oil" has the effect of reducing blood lipids. Regular consumption of garlic has a good preventive and therapeutic effect on diseases of the human body's digestion, breathing, blood circulation and other systems. For a long time, people in many places in our country have regarded garlic as the natural medicine of choice for preventing influenza, hepatitis and meningitis.

[Chinese garlic suppliers](#) provide reasonable [China garlic price](#) and high quality garlic for consumers all over the world. Eating garlic scientifically helps us keep healthy.