

# Study Crushes Garlic's Claim to Lower Cholesterol

By ACSH Staff — February 26, 2007

A February 26, 2007 article describes a disillusioning study about garlic's purported cholesterol-lowering powers and quotes ACSH's Dr. Ruth Kava:

*"I think that what's happened over the last 10 to 12 years in this country is that supplements have gotten a much better rep than many deserve," she said. "The garlic claim has been out there for quite a while, but manufacturers have been making all sorts of qualified claims that aren't really backed up with substantial clinical evidence."*

*While Kava called for more research to confirm the latest finding, she encouraged patients looking to lower their cholesterol in other ways to take advantage of proven methods.*

*"The tried and true things that are going to lower LDL cholesterol are statins, which, although they can't be taken by everyone, are really very effective; and lifestyle changes such eating a diet with less saturated fat, getting exercise, and losing weight," she advised. "Unfortunately, there is no magic pill."*

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