Garlic 2010 Study

Main Study Question

Does ingestion of garlic result in gene expression changes consistent with decreased risk of cancer?

Motivation for Research

There is a significant body of epidemiological evidence linking intake of certain vegetables with decreased risk of several cancers. Consumption of garlic (Allium sativum L.) has been associated with prevention of breast, colorectal, lung, liver, and stomach cancers. The epidemiological evidence for the cancer preventive properties of garlic has been supported by cell and animal studies, but there is a significant need to conduct human studies that investigate the efficacy of garlic for cancer prevention. In particular, we propose to investigate whether garlic consumption causes gene expression changes that reflect protection against DNA damage, oxidative stress, or inflammation, all of which are associated with cancer risk.

The study ran from the end of July through August 2010.