

Table 2: RCTs of garlic (*Allium sativum*) for cancer preventionSource: Pilkington K, Ernst E, CAM-Cancer Consortium. [Garlic \(*Allium sativum*\) \[online document\]](#). November 2018.

First author, year (ref)	Study design	Patients	Experimental treatment (duration)	Control intervention	Main outcome measures	Main results
Tanaka 2004 (49)	2 parallel groups, double-blind	51 patients with colorectal adenomas	Aged garlic extract, daily dose – 2.4ml extract (6 capsules) (12 months)	Normal garlic extract, daily dose = 0.16ml extract (as an indistinguishable placebo)	Number of adenomas after 12 month therapy	RR of having at least one new adenoma was 0.71 favouring the experimental treatment
Li 2004 (16)	2 parallel groups, double-blind	5033 volunteers at high risk of gastric cancer	200mg synthetic allitridum/day + 100µg selenium every 2 nd day for 1 month each year during 1989-1991	Placebo	Risk of gastric cancer during 10 year follow-up	Significant risk-reduction in experimental vs control group
Ishikawa 2006 (56)	2 parallel groups, double-blind	50 patients with inoperable colorectal, liver or pancreatic cancer	Aged garlic extract (4 capsules/day) (6 months)	Placebo	Quality of life	No inter-group difference
You 2006 (18)	Double-blind, factorial design with 12 parallel groups	3411 volunteers after testing for H.pylori	400mg aged garlic* extract and 2g garlic oil twice daily 7.3 years)	Placebo	Prevalence of precancerous gastric lesions	No inter-group difference
Ma 2012 (51)	As above (14.7 year follow-up of above trial)	3365 (as above)	As above	As above	Gastric cancer incidence and mortality	Non-statistically significant reduction

First author, year (ref)	Study design	Patients	Experimental treatment (duration)	Control intervention	Main outcome measures	Main results
Gatt 2014 (52)	2 parallel groups, double-blind	95 patients with confirmed diagnosis of hematologic malignancies requiring chemotherapy (either newly diagnosed or previously treated).	900 mg a day in 2 divided doses of 450 mg active compound (allin 9.9 mg, allicin 4.5 mg) purchased from a commercial herbal manufacturer	Placebo	Patients with haematological malignancies at risk of chemotherapy-related febrile neutropenia (FN)	Garlic extract was safe and did not reduce FN risk in the entire cohort, but yet appeared to exert a protective effect in the lower-risk subgroup

* factorial design also included vitamin C+E supplements and antibiotic