

**Table 2: Randomized controlled trials of garlic (*Allium sativum*) for cancer prevention**

Source: Pilkington K, CAM-Cancer Collaboration. [Garlic](#) (*Allium sativum*) [online document]. December 2023.

| First author, year | Study design                                  | Patients  | Experimental treatment (duration)  | Control intervention | Main outcome measures  | Main results  |
|--------------------|---|---|--|----------------------|--|---|
| Gatt 2015          | 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 |
| Ishikawa 2006      | 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   |
| Li 2004            | 2 parallel groups, double-blind               | 5033 volunteers at high risk of gastric cancer  | 200mg synthetic allitridum/day + 100µg selenium every 2 <sup>nd</sup> 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   |
| Ma 2012            | 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   |

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|--------------------|--|--|--|--|---|---|
| Su 2023            | 22.3-year follow-up of You 2006 trial (above)          | 3229 participants (as above)               | As above   | As above   | Gastric cancer incidence and mortality        | Garlic intake was associated with a decreased risk of gastric cancer (P-trend = 0.02; OR: 0.83; 95% CI: 0.70, 0.98, per 1 kg/y increment) |
| Tanaka 2004        | 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 months of therapy | RR of having at least one new adenoma was 0.71 favouring the experimental treatment   |
| You 2006           | 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   |

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