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Introduction

It is great for cooking, but it also has some interesting pharmacological properties.

**Garlic**

It has lipid-lowering, antiatherogenic, antithrombotic, hypotensive, antimicrobial and antifungal activities

**GBS**

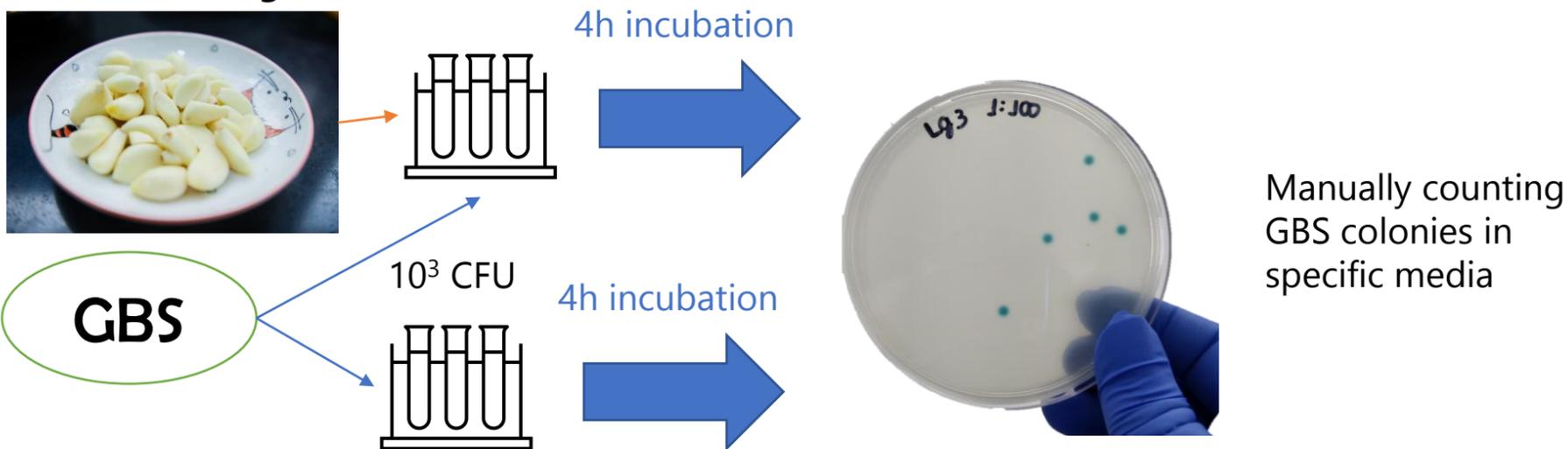
*Streptococcus agalactiae* or Group B Streptococcus (GBS) is a commensal microorganism present in vaginal microbiota, however it is considered the leading cause of newborn sepsis.

The prophylaxis recommended by the CDC has successfully helped to decrease newborn sepsis cases in the US. But many women are allergic and GBS is showing an increase in antibiotic resistance. This led many women to seek alternative treatments for GBS infections.

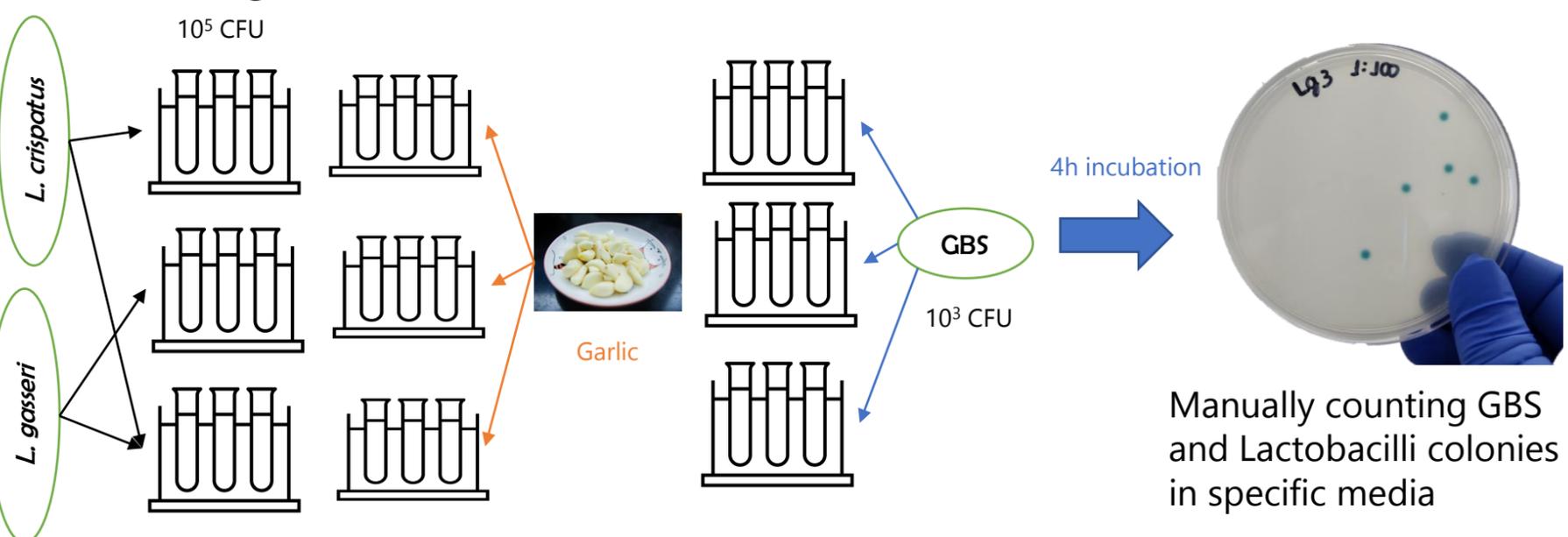
Previous research showed that garlic inhibits GBS growth; but can it prevent growth and not negatively affect the vaginal microbiota?

We tested:

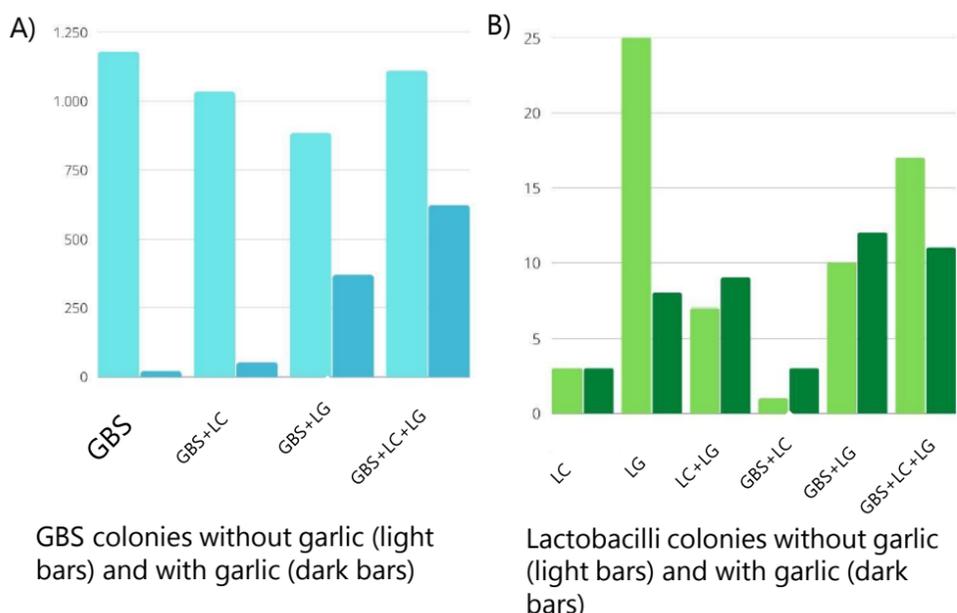
The effect of garlic on GBS



The effect of garlic on Lactobacilli (with or without GBS)



What we saw:



- GBS growth decreased around 75% when garlic was added.
- Lactobacilli growth was affected, but in a much lower capacity.

Our results show that, *in vitro*, garlic can inhibit GBS growth while preserving the natural microbiota, here represented by two *Lactobacillus* species. Our future studies will show the effects of garlic in epithelial cells.

Applying garlic vaginally is a common practice, but its consequences are not well known; in the future our research will explore more about this alternative treatment.

Do you have any questions?  
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