

# Apple juice, peppermint, lettuce can defuse bad breath symptoms from eating garlic

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After eating garlic, many people have **bad breath** symptoms, causing discomfort in communication with the opposite person. The cause of this situation is the diallyl disulfide, allyl mercaptan, allyl methyl disulfide, and allyl methyl sulfide present in garlic. - Researchers from Ohio State University said in a statement.

In the study, the team directly tested 3 grams of garlic and chewed for 25 seconds, then immediately took it into one of the juices like apple juice, mint and fish lettuce. After that, all breaths are inspected through the ion tube.



Photo source: Zeenews.

The results showed that, after drinking apple juices, peppermint and fish lettuce, the concentration of garlic in the breath decreased by 50%.

The reason is that in peppermint, apple, lettuce fish contains a **high amount of deodorant** , capable of evaporating a series of culprits causing bad breath present in garlic.

This research has just been published in the Journal of Food Science.

**Huynh Dung ( According to Zeenews)**

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