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(54) **METHOD FOR PREPARING GARLIC-FERMENTED COMPOSITION AND GARLIC-FERMENTED COMPOSITION PREPARED BY SAME METHOD**

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(58) **Field of Classification Search**
None
See application file for complete search history.

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(57) **ABSTRACT**

The present invention relates to a method for preparing a garlic-fermented composition and a garlic-fermented composition prepared by the method, and the purpose of the present invention is to provide a garlic-fermented composition which is easy to take, has no side effect, and improves excellent pharmacological and physiological efficacies of garlic. To achieve this, the method for preparing a garlic-fermented composition according to an aspect of the present invention, comprises: a first fermentation step of mixing garlic, water, and a ferment strain, followed by fermentation, thereby decomposing and converting sugars and proteins of the garlic; and a second fermentation step of additionally supplying a carbon source to a filtrate obtained through solid-liquid separation of the fermented product, followed by fermentation, thereby removing ammonia of the filtrate and decomposing and converting the additionally supplied carbon source.

5 Claims, 22 Drawing Sheets