

Table 2. Comparison of contents of phytochemical components between ABG and FRG.

Components	Content in ABG	Content in FRG	Change in ABG Compared to FRG	Analytical Methods	Basis for Comparison	Reference
Allicin (mg/100 g)	-	362 ± 1	↓	colorimetric method	allicin	[9]
	20	345	↓	HPLC		[35]
Flavonoid (mg/100 g)	0.8	0.1	↑		quercetin	[31]
	1570 ± 211	322 ± 7	↑	colorimetric method	rutin	[37]
	195 ± 8	125 ± 13	↑		rutin	[38]
Pyruvate (mmol/100 g)	27.8 ± 0.3	18.8 ± 0.3	↑	Colorimetric method		[31]
	245.7 ± 2.4	48.7 ± 1.2	↑		[9]	
Thiosulfate (mmol/100 g)	9.12 ± 0.05	0.65 ± 0.03	↑			[9]
	0.3	10.5 ± 0.4	↓	colorimetric method		[25]
	0.8	0.1	↑		OD value	[31]
Total phenol (mg/100 g)	1.6 ± 0.1	0.6 ± 0.1	↑		caffeic acid	[31]
	4835 ± 114	1391 ± 162	↑		garlic acid	[37]
	1000 ± 100	367 ± 22	↑	Colorimetric method	garlic acid	[16]
	22.3 ± 0.8	3.7 ± 0.2	↑		garlic acid	[39]
	1023 ± 19	255 ± 12	↑		tannic acid	[38]
Black Garlic +444% average increase SAC (mg/100 g)	+325% 8.5 ± 0.1	2	↑	HPLC-FLD		[34]
	+708% 19.4	2.4	↑	HPLC		[14]
	+345% 9.8 ± 0.2	2.2	↑	HPLC-FLD		[15]
	+396% 11.4 ± 0.9	2.3	↑	HPLC		[15]
S-Allyl Cysteine						



The up-arrow symbol (↑) and down arrow symbol (↓) represent an increase and a decrease in phytochemical components during the aging processes, respectively. FLD represents fluorescence detection. Comparison between ABG and FRG was performed within a single study.