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Extract of olive leaf could have health benefits

OLIVE leaf extract has proven lethal to human breast and prostate cancer cells in the laboratory at Southern Cross University (SCU).

Although researchers have discovered these results, additional laboratory work will need to be performed to confirm the findings which would then need to be the subject of extensive clinical trials.

The results have been released by the Australian Centre for Complementary Medicine Education and Research (ACCMER) which is a joint venture between the University

of Queensland and Southern Cross University (SCU).

Manager of the Natural Products Pharmacology Unit at SCU, Doctor Lesley Stevenson said in a separate aspect of the study, olive leaf extract was also found to produce inhibitory activity against some key mediators in the inflammatory process.

These findings follow research in 2005 when the same olive leaf extract was shown to have an antioxidant capacity 400% higher than Vitamin C and almost double that of green tea or grape seed extract.

“The broad ranging pharmacological activity associated with the tested olive leaf extracts shown in this laboratory study and the previously measured anti-oxidant capacity would suggest that olive leaf extract could have future potential as an intervention in disease processes that involve inflammation such as arthritis,” Dr Stevenson said.

Corporate development director at Olive Leaf Australia’s head office in Queensland Julian Archer said he was excited about the results and looked forward to full clinical trials.