

lowdown

# Amazing Olive Leaf!

**Olive trees have long been recognised for their health benefits. More recently the Mediterranean diet, which includes a high intake of olive oil, has been shown to offer protection from a number of conditions including cardiovascular disease, degenerative diseases and some cancers.**



Olive oil has been shown to contain active compounds called polyphenolics. These polyphenolics have also been identified in olive leaves, but at a level 30 times higher than in extra virgin olive oil.

The three most widely researched olive polyphenolics are hydroxytyrosol, caffeic acid and oleuropein. These compounds are partly responsible for the exceptional antioxidant activity of olive products.

Research has shown that, compared to other 'superfruit' juices, such as Noni, Acai, Goji and Mangosteen, olive leaf extract has incredible antioxidant performance. This is due, in part, to the 12 key naturally-occurring polyphenolic antioxidants.

It's hardly surprising, then, that research has shown that Olive Leaf Extract has had positive effects on heart health, diabetes, fever, arthritis, skin diseases, infections (including those caused by viruses) and fatigue. Many report an

improvement in energy levels, sleep and overall sense of well-being.

Clinical studies have confirmed its benefits when taken for high blood pressure and osteo- and rheumatoid arthritis. As well as this, many people take it as an immune system booster to ward off colds and flu.

### A Look at the Research...

**Antimicrobial:** Studies using various dilutions/strengths of Olive Leaf Extract have shown them to be effective against E.coli and Candida albicans. Other research on the Olive Leaf Extract isolate 'oleuropein' (which is a 'bitter' component) shows that it's also effective against Staphylococcus aureus, a common cause of wound infection and skin complaints. It also shows antibacterial activity against Bacillus subtilis and Saccharomyces cerevisiae and many, many other microbes.

**Anti-inflammatory:** There are many studies on the anti-inflammatory effects of various components with olive leaf extract, but one study sums it up best: "oleocanthal demonstrated that, as predicted, it is a natural NSAID with an anti-inflammatory profile and potency strikingly similar to that of ibuprofen".

**Antioxidant:** Scientists have tested olive leaf extract, and have found it is of significance that olive leaf extract had an antioxidant activity higher than vitamin C and E, due to the synergy between flavonoids, oleuropeosides and substituted phenols. This is why we

## Olive Leaf – A quick look!

The Olive Tree has been cultivated for thousands of years with its produce contributing to the healthy diet of the Mediterranean region. It is much more than a valuable source of fruit and oil; the leaves also contain an important compound called Oleuropein. It is this compound, along with flavonoids and phenols, which gives olive leaf extract its health properties, and research has centered on its anti-bacterial, anti-inflammatory and antioxidant actions.



find studies relating to reduced risk of heart disease and cancers, as well as inflammatory conditions (such as arthritis), those affecting immune function (such as colds and flu) or even countering the free radical damage caused by smoking.

There are too many papers to summarise on this page, but a comment from the International-Pharmaceutical-Federation-World-Congress puts it simply:

"Olive oil frightens away all suffering" according to the old proverb and, as one web reference puts it; "Research from Europe shows how olive leaf extract can help fight 137 different diseases".

