

Olive Leaf Extract

By Belinda Harvy

Olive Leaf Extract is also known as Oleuropein or Olive Plant Extract and has been used by the Egyptians for medicinal purposes for more than four thousand years. Since then olive leaves have been used in many traditional medicines all over the world and is gaining much publicity today.

Health Benefits of Olive Leaf Extract:

- **Energy levels** - Increases overall level of energy and improves Health and Well being.
- **Heart Health** - Helps maintain a healthy cardiovascular system and may prevent Atherosclerosis (by preventing the oxidation of LDL Cholesterol).
- **Parasite fighter** - Assists protection against a range of infections, due to its mild astringent properties. It may also inhibit or kill many types of Intestinal Parasites including Hookworm.
- **Antibacterial** - A type of bitter Glucoside and classified as a Polyphenol, it has powerful anti-bacterial properties.
- **Anti-viral** - It is traditionally used to help relieve fevers and may help prevent viruses replicating.
- **Chronic Fatigue** - Olive Leaf Extract may alleviate Chronic Fatigue Syndrome and Fibromyalgia.
- **General Health** - It has powerful antioxidant and free radical scavenger capabilities, which help protect against illness and disease including heart disease.



Although the highest concentration of Oleuropein is found in olive leaf extract, it can also be obtained from fresh Olives and Olive oil at around 14% the concentration of the leaf extract.

For anyone with signs of the above ailments, Olive Leaf Extract may offer relief as well as overall improvement of vitality.

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Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified practitioner.