

olive leaf

This unique plant is quickly gaining popularity as nature's powerful defender against free radicals and inflammation

Move over wheatgrass, olive leaf is the new green superfood. The plant has been used for centuries in countries such as Spain, France, Italy, Greece, Morocco, Turkey and Tunisia. There are over 200 references to olives in the Bible, suggesting its medicinal use since ancient times. In recent years, science has verified many of its traditional applications.

Bursting with Antioxidants

Olive leaf is an exceptionally powerful antioxidant. This antioxidant action protects the body from free radical damage and premature ageing, as well as heart disease and cancer. In a 2007 study in the *Journal of Alternative and Complementary Medicine* (31:1), 55 medicinal herbs were tested for their antioxidant capacity and olive leaf came out on top. A study conducted at Southern Cross University in Australia showed



that liquid olive leaf extract has an antioxidant capacity 400 percent greater than vitamin C and almost double that of green tea and grape seed extracts. Since free radical damage is involved in many disease processes, this explains olive leaf extract's success in countering them.

Inflammation

Now olive leaf extract is also being praised for its superior ability to soothe the inflammatory response.

Dr Lesley Stevenson from Southern Cross University states: 'Olive leaf extracts have potential as an intervention in all disease processes that involve inflammation, notably cardiovascular disease, arthritis and cancer.'

Olive leaf extract is also a rich source of many valuable nutrients including vitamin C, beta-carotene, zinc, iron, selenium, chromium and healthy plant phenols.