

# Olive Leaf Extract



*Natural antioxidant and antimicrobial properties*

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The olive tree has been studied for centuries, and over the years many medicinal benefits have been attributed to it. Olive oil, buds, leaves, and roots have all been used medicinally, but olive leaf extract is of exceptional interest. Numerous studies have been conducted to determine the benefits of oleuropein, a bitter substance found in the leaf's extract. In 1962, an Italian researcher discovered that oleuropein lowered blood pressure in animals.<sup>1</sup> Other European researchers confirmed this finding. In addition, they found it could also increase blood flow in the coronary arteries,<sup>2</sup> relieve arrhythmias, and prevent intestinal muscle spasms. In 1969, a Dutch researcher determined the active ingredient in oleuropein to be a substance called elenolic acid. Elenolic acid was found to have powerful antibacterial properties.<sup>3</sup> By the late 1960s, research by scientists at Upjohn showed that elenolic acid also slowed the growth of viruses. It was found to inhibit a variety of viruses associated with the common cold in humans. Further, a number of research studies at this time showed that calcium elenolate, a salt of elenolic acid, had a strong effect not just on viruses, but on bacteria and parasitic protozoans as well.<sup>4</sup>

Due to olive leaf's antiviral properties, it has been found to be beneficial in the treatment of conditions caused by or associated with a virus, retrovirus, bacterium, or protozoan. Such conditions include influenza, the common cold, meningitis, Epstein-Barr virus (EBV), encephalitis, herpes I and II, human herpes virus 6 and 7, shingles, HIV/ARC/AIDS, chronic fatigue, hepatitis B, pneumonia, tuberculosis, gonorrhea, malaria, dengue, bacteremia, severe diarrhea, blood poisoning, and dental, ear, urinary tract and surgical infections.

**Olive leaf extract has been found to be an extremely effective anti-viral, anti-retroviral, and bactericidal substance. Research suggests that a number of mechanisms are involved, including:**

- A critical interference with certain amino acids that are essential for the vitality of viruses.
- Interference with the viral infection and/or the spread of the virus by inactivation, or by preventing virus shedding, budding or assembly at the cell membrane.
- The ability to directly penetrate infected host cells and inhibit viral replication.
- In the case of retro viruses, it neutralizes the production of reverse transcriptase and protease.
- Stimulates phagocytosis (the process of engulfment and destruction of particulate matter by phagocytic cells such as macrophages and neutrophils).

Studies have also shown that olive leaves were found to have increased antioxidant levels when stored in closed plastic bags at a specific temperature and for a designated time. The antioxidant that can be isolated is known as 3,4-dihydroxyphenylethyl-4-formyl-3-formylmethyl-4-hexenoate (3,4-DHPEA-EDA).<sup>5</sup> This antioxidant is comparable to alpha-tocopherol (Vitamin E). Phenolated compounds have also been found in the olive leaf and bud. These compounds include oleuropein and flavonoids such as rutin flavonol.<sup>6</sup> These are both potent antioxidant compounds. Flavonoids inhibit LDL oxidation<sup>7</sup> and oleuropein has antimicrobial properties. Researchers are now trying to see if olive leaf extract can benefit AIDS patients. Research shows that it inhibits the production of both reverse transcriptase and protease, enzymes necessary for the survival of HIV.

Fungal and yeast infections are included in the wide spectrum of conditions aided with olive leaf extract. It has been said that more than 10 million Americans have disfiguring fungal nail infections, a widely ignored medical problem. Fungal infections are frequently found among patients with AIDS, cancer and diabetes, athletes, the elderly, people who spend considerable time standing or who wear the same shoes day after day, or those who wear artificial fingernails. Drugs taken for cancer and AIDS lower resistance and are believed to make people more susceptible to fungal infections. Olive leaf extract may offer a natural and less expensive method of treatment for these infections.

Supplement Facts	
Serving Size 1 capsule	
Amount Per Serving	% Daily Value
Olive Leaf Extract ( <i>Olea europaea</i> ) (leaves)[standardized to contain 20% oleuropein]	500 mg *
*Daily Value not established.	

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate.



#### How to Take:

- The routine dosage is one capsule every six hours.
- This supplement should be taken between meals for best results.
- In the case of bad colds or flu, the dosage may be increased to two capsules every six hours. For acute infections, some individuals have taken more — three or four every six hours — and reported rapid relief.
- For healthy individuals seeking more energy or the preventative benefits of olive leaf extract, one or two capsules a day is suggested.

#### References

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