



## Olive Leaf Extract

Stock #204-7 (60 capsules)

Olive trees are robust, disease-resistant plants known to withstand a variety of bacteria, fungi, microbes, viruses, etc., that would otherwise destroy less hearty plants. Documented accounts of the use of olive leaves for medicinal purposes date back to the early 1800s when they were used to lower high fevers and treat malarial infections.<sup>1,2</sup>

Today, scientists have discovered that olive leaf extract contains phytochemicals that make it a formidable treatment against both infectious and degenerative diseases. In fact, olive leaf extract has been shown to be an effective remedy against nearly every type of pathogenic (disease-causing) microorganism, relieving numerous health problems resulting from colds, flus and other viral diseases; fungal, mold and yeast infections; bacterial infections (major and minor); and parasitic infestations. In all, olive leaf extract has been shown to be a powerful antimicrobial agent against over 130 infectious diseases. Even HIV-infected patients have demonstrated improvement in their immune function, as indicated by an increase in

T-cells following supplementation with olive leaf extract.<sup>1,3</sup>

Olive leaf extract has been shown to successfully eliminate chronic bacterial and viral infections, even in patients having received multiple courses of antibiotic treatment with no success. Olive leaf extract is also beneficial against other infections that typically pose resistance to standard drug treatment, including bladder, herpes and fungal infections such as athlete's foot, thrush, vaginal yeast infections, and stubborn toenail fungus. Furthermore, olive leaf extract has demonstrated particular effectiveness in the treatment against *Candida albicans* and chronic yeast infections, reversing almost all associated symptomatology.<sup>1,3</sup>

Olive leaf extract's remarkable antiviral action has made it a potent remedy against viruses such as coxsackie, cytomegalovirus, encephalomyocarditis, *Escherichia coli*, herpes, human immunodeficiency virus (HIV), influenza and para-influenza, Newcastle disease, pseudorabies, *Salmonella typhimurium*, vesicular stomatitis, two types of leukemia, and polio 1,2 and 3, to name a few. Olive leaf extract also provides permanent relief from malaria, dengue fever, and other exotic and deadly tropical diseases whose primary symptom is fever. Reports indicate that olive leaf extract also relieves the debilitating symptoms associated with chronic fatigue syndrome, Epstein-Barr and fibromyalgia.<sup>1,2,4</sup>

Olive leaf extract has proven to be the first successful, natural treatment against both herpes simplex type I (HSV-1) and type II (HSV-2). HSV-1 is typically associated with the development of colds sores and skin eruptions, as well as herpes keratitis—inflammation of the cornea of the eye. HSV-2 is one of North America's most prevalent sexually-transmitted diseases, affecting over 30 million Americans. Olive leaf extract has been shown to effectively eliminate all symptoms and outbreaks associated with genital herpes, even in cases where prescription medications such as acyclovir, butylated hydroxytoluene (BHT), and lysine have failed.<sup>1,2</sup>

Numerous animal studies have shown that olive leaf extract provides hypotensive (blood pressure-lowering) properties and inhibits the oxidation of LDL cholesterol, which helps to prevent the formation of plaque that can clog arteries and cause heart disease. Clinical trials have confirmed that olive leaf extract lowers blood pressure, normalizes heart beat irregularities (arrhythmias), relieves angina pain, and enhances circulatory system function, improving blood flow in cardiovascular and peripheral vascular disorders.<sup>2,3,5-7</sup>

Olive leaf extract exhibits potential as an anti-inflammatory for problems such as osteoarthritis, rheumatoid arthritis and inflammation of the lungs and respiratory tract. Olive leaf may even be helpful for relieving muscular aches and pains associated with fibromyalgia. Furthermore, some research suggests that olive leaf may provide mild diuretic and hypoglycemic (blood sugar-lowering) properties, which would be beneficial for treating cystitis and diabetes.<sup>1,2,5,8</sup>

Researchers have determined that a bitter glucoside known as oleuropein, along with its active constituent elenolic acid, are primarily responsible for olive leaf extract's extraordinary antibacterial, antiviral and antiparasitic activity. For example, studies show that oleuropein inhibits the growth of *Staphylococcus aureus*, an antibiotic-resistant organism that is the cause of nearly all hospital-acquired infections. Oleuropein is also a powerful antioxidant and the compound responsible for olive leaf extract's ability to successfully inhibit oxidation of LDL cholesterol. Elenolic acid is the element that is the primary destroyer and growth inhibitor of viruses, interfering with bacterial and viral growth, while simultaneously activating immune cells that fight infection. Elenolic acid also kills numerous flatworm, hookworm, roundworm and tapeworm parasites.<sup>1-6,9</sup>

There have been no reported side effects from taking olive leaf extract in either laboratory animals or in several thousand human study participants. Nevertheless, olive leaf extract is not recommended for pregnant or nursing

women.<sup>1,2</sup>

It is important to note that Herxheimer reactions may occur as part of the body's detoxification process, especially if taking a large initial dose of olive leaf extract. Individuals may experience flu-like symptoms or a worsening of the complaints for which olive leaf extract was taken, although such reactions typically last only a few days. If a reaction occurs, individuals may want to reduce the dose.<sup>1,2</sup>

NSP's Olive Leaf Extract provides a total of 400mg of olive leaf extract, standardized to contain 12% oleuropein.

#### References:

- 1 Baldinger CNC, K. "Olive leaf extract: Ancient solution to modern ailments: *Nature's Impact*, December/January 1998-1999: 38-40.
- 2 Walker, M. *Olive Leaf Extract*. NY, NY: Kensington Publishing Corp., 1997.
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- 5 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.
- 6 Visioli, F., et. al. "Oleuropein protects low density lipoprotein from oxidation." *Life Science*; 1994, 55(24): 1965-1971.
- 7 Zarzuelo, A., et. al. "Vasodilator effect of olive leaf." *Planta Medica*; 1991, 57(5): 417-419.
- 8 Visioli, F., et. al. "Oleuropein, the bitter principle of olives, enhances nitric oxide production by mouse macrophages." *Life Science*; 1998, 62(6): 541-546.
- 9 Tranter, H.S., et. al. "The effect of the olive phenolic compound, oleuropein, on growth and enterotoxin B production by *Staphylococcus aureus*." *Journal of Applied Bacteriology*, 1993, 74(3): 253-259.