# **Olive Leaf Extract**

# DESCRIPTION

Olive Leaf Extract capsules contain significant quantities of phenolic compounds, such as 20% oleuropein, oleuropeoside, and hydroxytyrosol that have been shown to have antioxidant and microbial supportive properties.

#### **FUNCTIONS**

The olive tree (Olea europaea) contains a major class of polyphenols, the secoiridoides. These polyphenols, including oleuropein and derivatives, may provide protection in the body and GI tract. Recent studies have demonstrated oleuropein's growth inhibition of several pathogenic organisms. Other studies have shown that the olive plant's phenolics can support healthy microbial levels.

Olive plant tissue has also been shown to reduce the oxidation of low density lipoproteins (LDL). This effect may explain some of the beneficial effects of a Mediterranean diet. The antioxidant potential of Olea europaea's polyphenolic compounds, such as oleuropein, may support a healthy vascular system. Animal studies have also demonstrated that dietary oleuropein can not only increase resistance of LDLs to oxidation, but also support plasma levels of total, free, and esterified cholesterol. Other aspects of the olive plant's cardioprotective properties include its vasodilator effect and its inhibition of platelet aggregation.

## **INDICATIONS**

Olive Leaf Extract may be a useful dietary supplement for those who wish to supplement with this important plant for microbial support or cardiovascular health.<sup>+</sup>

## FORMULA (#83905)

#### SUGGESTED USE

Adults take 1 capsule daily without food as directed by a healthcare professional.

#### SIDE EFFECTS

No adverse side effects have been reported.

#### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

#### REFERENCES

Aziz, NH, Farag, SE, Mousa, LA, Abo-Zaid, MA. Comparative antibacterial and antifungal effects of some phenolic compounds. Microbios 1998;93:43-54.

Bisignano, G, Tomaino, A, Lo Cascio, R, Crisafi, G, Uccella, N, Saija, A. On the in-vitro antimicrobial activity of oleuropein and hydroxytyrosol. J Pharm Pharmacol 1999;51:971-4.

Coni, E, Di Benedetto, R, Di Pasquale, M, Masella, R, Modesti, D, Mattei, R, Carlini, EA. Protective effect of oleuropein, an olive oil biophenol, on low density lipoprotein oxidizability in rabbits. Lipids 2000;35:45-54. Ficarra, P, Ficarra, R, de Pasquale, A, Monforte, MT, Calabro, ML. HPLC analysis of oleuropein and some flavonoids in leaf and bud of Olea europaea L. Farmaco 1991;46:803-15.

Saenz, MT, Garcia, MD, Ahumada, MC, Ruiz, V. Cytostatic activity of some compounds from the

# **Olive Leaf Extract**

unsaponifiable fraction obtained from virgin olive oil. Farmaco 1998;53:448-9.

Tassou, CC, Nychas, GJ, Board, RG. Effect of phenolic compounds and oleuropein on the germination of Bacillus cereus T spores. Biotechnol Appl Biochem 1991;13:231-7.

Tranter, HS, Tassou, SC, Nychas, GJ. The effect of the olive phenolic compound, oleuropein, on growth and enterotoxin B production by Staphylococcus aureus. J Appl Bacteriol 1993;74:253-9.

Visioli, F, Bellomo, G, Galli, C. Free radical-scavenging properties of olive oil polyphenols. Biochem Biophys Res Commun 1998;247:60-4.

#### For more information on Olive Leaf Extract visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by Douglas Laboratories 600 Boyce Road Pittsburgh, PA 15205 800-245-4440 douglaslabs.com



You trust Douglas Laboratories. Your patients trust you.

© 2015 Douglas Laboratories. All Rights Reserved