



Thousand
○ lives



Olive oil and Mediterranean diet


The **Mediterranean diet** is globally recognized as a **healthy lifestyle**.

The core of the Mediterranean diet is **olive oil**, and especially green olive oil from unripe olives (unripe olive oil or "navel oil" as the ancient Greeks called it).

The power of olive oil is based on its **phenolic components**.

Through **numerous research** it has now been proven that the **health protective properties of olive oil** are not only related to the intake of good monounsaturated lipids, but mainly to the intake of micro-components known as **olive oil polyphenols**.

These ingredients help **the body function smoothly** and act **to prevent various diseases**.



Polyphenols: powerful antioxidant agents

Polyphenols - oleocanthal, oleacein, oleuropein and its various aglycones, ligstroside and vanillin - are substances formed from early compounds contained in the olive fruit and are the **main antioxidant substances of olive oil**, having a proven **positive effect on human health**.

The **European Union** since 2012 has approved a **health claim for the phenolic components of olive oil** based on **extensive clinical trials**:

Approved health claim 432/2012:

Olive oil polyphenols help protect blood lipids from oxidative stress.

Oleocanthal: the phenolic derivative with a **strong biological action** that contributes to the protection of our health.

5 mg of specific phenolic compounds per day offer protection against cholesterol oxidation

A decorative graphic of an olive branch with olives and leaves, rendered in a light beige color, is positioned on the left and right sides of the page, framing the central text.

**HIGH POLYPHENOL EXTRA VIRGIN OLIVE OIL
WORLWIDE CLINICAL STUDIES**



Contents lists available at ScienceDirect

Clinical Nutrition

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Randomized Control Trials

Rich oleocanthal and oleacein extra virgin olive oil and inflammatory and antioxidant status in people with obesity and prediabetes.
The APRIL study: A randomised, controlled crossover study



Spain

Randomized, **double-blind, crossover trial done in people aged 40-65 years with obesity (BMI 30-40 kg/m²) and prediabetes (HbA1c 5.7-6.4%)**. The intervention consisted in substituting for 1 month the oil used for food, both raw and cooked, by EVOO or OO (**508 vs 76 mg/kg**)

Results: A total of 91 patients were enrolled (33 men and 58 women) .

A decrease in interferon- γ was observed after EVOO treatment (P 0.041).

Total antioxidant status increased and lipid and organic peroxides decreased after EVOO treatment (P < 0.05).

Decreases in weight, BMI and blood glucose (p < 0.05) were found after treatment with EVOO and not with OO.

Conclusions: Treatment with EVOO rich in oleocanthal and oleacein differentially improved oxidative and inflammatory status in people with obesity and prediabetes.

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Communication

Daily olive oil intake is feasible to reduce trigeminal neuralgia facial pain: A pilot study



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ABSTRACT

Extra virgin olive oil (EVOO) is thought to contribute to neuroprotection and, thus, may influence pain symptoms experienced by adults with demyelination-related trigeminal neuralgia (TN). This study aimed to determine the feasibility of daily intake of EVOO and its potential to alleviate facial pain of TN. Adults, self-reporting as female and affected by TN, were enrolled in a 16-week nonblinded, parallel study. After a 4-week baseline, participants were randomized to 60 mL/day EVOO or control (usual diet and no supplemental EVOO) for 12 weeks. Participants completed a daily questionnaire on pain intensity and compliance, the Penn Facial Pain Scale weekly, the 36-Item Short Form Survey monthly, and dietary assessment during baseline and intervention. Participants ($n = 52$; 53.3 ± 12.9 years) were recruited nationally; 42 completed the study. The EVOO group, with 90% intake compliance, showed significant decreases in the Penn Facial Pain Scale items of interference with general function, interference with orofacial function, and severity of pain from baseline, whereas the control group showed no improvements. EVOO benefit, compared with control, trended for the interference with orofacial function ($P = .05$). The 36-Item Short Form Survey items of role limitations resulting from emotional problems and role limitations from physical health favored EVOO. The EVOO group significantly improved their Healthy Eating Index 2015 component scores of fatty acids (primarily from increased oleic acid), sodium, and refined grains. EVOO intake of 60 mL/day was feasible for participants experiencing TN and may mitigate pain and improve quality of life. This trial was registered at clinicaltrials.gov (NCT05032573).

USA

Extra virgin olive oil (EVOO) and pain symptoms experienced by adults with demyelination-related trigeminal neuralgia (TN).

16-week non blinded, parallel study. Participants were randomized to 60 mL/day EVOO or control for 12 weeks. 42 completed the study. The EVOO group, with 90% intake compliance, **showed significant decreases in the Penn Facial Pain Scale** items of interference with general function, interference with orofacial function, and severity of pain from baseline, whereas the control group showed no improvements.

EVOO intake of 60 mL/day was feasible for participants experiencing TN and may mitigate pain and improve quality of life



Article

Acute Antiplatelet Effects of an Oleocanthal-Rich Olive Oil in Type II Diabetic Patients: A Postprandial Study

Maria Efthymia Katsa ¹, Kleopatra Ketselidi ¹, Marianna Kalliostra ¹, Anastasios Ioannidis ² ,
Andrea Paola Rojas Gil ² , Panagiotis Diamantakos ³, Eleni Melliou ³, Prokopios Magiatis ³ and
Tzortzis Nomikos ^{1,*}

GREECE

In this randomized, **single-blinded, crossover study**, ten T2DM patients consumed five isocaloric meals containing white bread combined with: (i) butter, (ii) butter and 400 mg ibuprofen, (iii) 40 mL OO (phenolic content < 10 mg/Kg), (iv) 40 mL OO with 250 mg/Kg oleocanthal and (v) 40 mL OO with 500 mg/Kg oleocanthal.

A sustained (90–240 min) dose-dependent reduction in platelets' sensitivity to both ADP (50–100%) and TRAP (20–50%) was observed after the oleocanthal meals in comparison to OO or butter meals.



The antiplatelet effect of the OO containing 500 mg/Kg oleocanthal was comparable to that of the ibuprofen meal.

In conclusion, the consumption of meals containing oleocanthal-rich OO can reduce platelet activity during the postprandial period, irrespective of postprandial hyperglycemia and lipidemia.



Article

Extra-Virgin Olive Oil Enhances the Blood–Brain Barrier Function in Mild Cognitive Impairment: A Randomized Controlled Trial

Amal Kaddoumi ^{1,2,*} , Thomas S. Denney, Jr. ^{2,3}, Gopikrishna Deshpande ^{2,3,4,5,6,7,8,9}, Jennifer L. Robinson ^{2,3,4} , Ronald J. Beyers ³, David T. Redden ¹⁰, Domenico Praticò ¹¹, Tassos C. Kyriakides ¹², Bonian Lu ³, Anna N. Kirby ¹³, Darren T. Beck ¹⁴ and Nancy D. Merner ¹⁵

USA

The study examined the effect of daily consumption of refined olive oil (ROO) and EVOO for 6 months in MCI subjects on BBB permeability (assessed by contrast-enhanced MRI), and brain function (assessed using functional-MRI)

Twenty-six participants with MCI were randomized with 25 participants completed the study.

EVOO significantly improved clinical dementia rating (CDR) and behavioral scores. EVOO also reduced BBB permeability and enhanced functional connectivity.

Moreover, EVOO and ROO significantly reduced blood A β 42/A β 40 and p-tau/t-tau ratios, suggesting that both altered the processing and clearance of A β .

In conclusion, EVOO and ROO improved CDR and behavioral scores; **only EVOO enhanced brain connectivity and reduced BBB permeability, suggesting EVOO biophenols contributed to such an effect.**

Extra virgin olive oil high in polyphenols improves antioxidant status in adults: a double-blind, randomized, controlled, cross-over study (OLIVAUS)

Katerina Sarapis¹  · Elena S. George^{1,2}  · Wolfgang Marx^{1,3}  · Hannah L. Mayr^{4,5,6}  · Jane Willcox^{1,7,13}  · Tammy Esmaili⁸  · Katie L. Powell⁹ · Oladayo S. Folasire⁹ · Anna E. Lohning⁹ · Manohar Garg¹⁰ · Colleen J. Thomas¹¹  · Catherine Itsiopoulos^{4,12}  · George Moschonis¹ 

AUSTRALIA


In a double-blind cross-over trial, 50 participants were randomized to consume 60 mL/day of HPOO (320 mg/kg polyphenols) or LPOO (86 mg/kg polyphenols) for three weeks.

Plasma ox-LDL decreased by 6.5 mU/mL (95%CI – 12.4 to – 0.5) and TAC increased by 0.03 mM (95% CI 0.006–0.05) only in the HPOO arm

In the subgroup with abdominal obesity, ox-LDL decreased by 13.5 mU/mL (95% CI – 23.5 to – 3.6) and TAC increased by 0.04 mM (95% CI 0.006–0.07) only after HPOO consumption.

In the subgroup with inflammation, hs-CRP decreased by 1.9 mg/L (95% CI – 3.7 to – 0.1) only in the HPOO arm.

Buccopharyngeal route administered high polyphenolic olive oil and COVID-19: A pilot clinical trial

Francisco Rodríguez-Argente¹  | María Alba-Domínguez² |
María P. Díaz-Martínez¹ | Cristian Díaz-Vergara¹ | Belén Díaz-Márques¹ |
Paloma Ferrero-Ortega¹ | Ana C. Gil-Adrados³ | Lorena Gómez-Bernardo¹ |
Laura Gordo-Murillo¹ | Elsa Humanes-de la Fuente¹ | Jesús Jurado-Palomo¹ |
Ángel Ortega-González¹ | Juana Machado-Gallas³ | Álvaro Moreno-Ancillo¹ |
Gerardo Ávila-Martín³ | Ana C. Marín-Guerrero³ | Joaquín Álvarez-Gregori¹

Conclusion and Relevance: Among full-vaccinated adults recent infected with COVID-19, a daily intake of tiny quantities of oromucosal administered high polyphenolic olive oil before infection significantly improved the time to symptom resolution. This finding strongly support the appropriateness of further deep research on the use of oromucosal administered high polyphenolic olive oil as an effective immune strategy against COVID-19.

SPAIN

2 ml EVOO per day

400 mg/Kg

Reduction of symptoms time



Review

Anti-Cancer, Anti-Angiogenic, and Anti-Atherogenic Potential of Key Phenolic Compounds from Virgin Olive Oil

Ana Dácil Marrero ^{1,2,3} , Ana R. Quesada ^{1,2,3} , Beatriz Martínez-Poveda ^{1,2,4} and Miguel Ángel Medina ^{1,2,3,*}



Systematic Review

Oleocanthal, an Antioxidant Phenolic Compound in Extra Virgin Olive Oil (EVOO): A Comprehensive Systematic Review of Its Potential in Inflammation and Cancer

María González-Rodríguez ^{1,2} , Djedjiga Ait Edjoudi ¹ , Alfonso Cordero-Barreal ¹ , Mariam Farrag ¹,
María Varela-García ¹, Carlos Torrijos-Pulpón ¹, Clara Ruiz-Fernández ¹ , Maurizio Capuzzo ³ ,
Alessandro Ottaiano ⁴ , Francisca Lago ⁵, Jesús Pino ^{1,*}, Yousof Farrag ^{1,*} and Oreste Gualillo ¹

REVIEW ARTICLE


Food Science & Nutrition WILEY

Effect of olive oil phenols on oxidative stress biomarkers: A systematic review and dose–response meta-analysis of randomized clinical trials

Seyedeh-Masomeh Derakhshandeh-Rishehri¹ | Asma Kazemi² | Sung Ryul Shim³ |
Mostafa Lotfi⁴ | Shabnam Mohabati⁴ | Mehran Nouri^{4,5,6} | Shiva Faghhi^{2,4}

Review

Is Extra Virgin Olive Oil the Critical Ingredient Driving the Health Benefits of a Mediterranean Diet? A Narrative Review

Mary M. Flynn ^{1,*}, Audrey Tierney ²  and Catherine Itsiopoulos ³





Of 281 retrieved articles, 34 articles fulfilled our inclusion criteria and were included.

Compared with other dietary fats and low-fat diets, **EVOO is superior in the management of clinical biomarkers including lowering blood pressure and LDL-c, increasing protective HDL-c, improving glycemic control, and weight management.**

The protective effects of EVOO are likely due to its polyphenol content rather than the monounsaturated fat content. It is therefore important to promote the regular use of EVOO in the context of healthy dietary patterns such as the Mediterranean diet for maximal health benefit.

Article

The Effect of High Polyphenol Extra Virgin Olive Oil on Blood Pressure and Arterial Stiffness in Healthy Australian Adults: A Randomized, Controlled, Cross-Over Study

Katerina Sarapis ¹, Colleen J. Thomas ², Johanna Hoskin ¹, Elena S. George ^{1,3} , Wolfgang Marx ^{1,4} , Hannah L. Mayr ^{5,6,7} , Greg Kennedy ⁸ , Andrew Pipingas ⁸, Jane C. Willcox ¹, Luke A. Prendergast ⁹, Catherine Itsiopoulos ^{5,10} and George Moschonis ^{1,*} 

Investigation of the effect of extra virgin high polyphenol olive oil (HPOO) versus low polyphenol olive oil (LPOO) on blood pressure (BP) and arterial stiffness in healthy Australian adults.


In a double-blind, randomized, controlled cross-over trial, 50 participants (age 38.5 ± 13.9 years, 66% female) were randomized to consume 60 mL/day of either HPOO (360 mg/kg polyphenols) or LPOO (86 mg/kg polyphenols) for three weeks. Following a two-week washout period, participants crossed over to consume the alternate oil.

A significant decrease in peripheral and central systolic BP (SBP) by 2.5 mmHg (95% CI: -4.7 to -0.3) and 2.7 mmHg (95% CI: -4.7 to -0.6), respectively, was observed after HPOO consumption.

RESEARCH ARTICLE



Effect of polyphenol-rich extra-virgin olive oil on lipid profile and inflammatory biomarkers in patients undergoing coronary angiography: a randomised, controlled, clinical trial

Nafiseh Khandouzi^a, Ali Zahedmehr^b and Javad Nasrollahzadeh^a 

^aDepartment of Clinical Nutrition & Dietetics, National Nutrition, and Food Technology Research Institute, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran; ^bCardiovascular Intervention Research Center, Rajaie Cardiovascular, Medical & Research Center, Iran University of Medical Sciences, Tehran, Iran

ABSTRACT

The present study was conducted to compare the effects of high polyphenol extra-virgin olive oil (EVOO) with low polyphenol refined olive oil (ROO) on some cardiovascular risk factors in patients undergoing coronary angiography. In a randomised, controlled, parallel-arm, clinical trial, 40 patients with at least one classic cardiovascular risk factor who referred to coronary angiography were randomly allocated to two groups and received 25 mL EVOO or ROO daily for 6 weeks. Plasma LDL-cholesterol significantly reduced in EVOO group (-9.52 ± 20.44 vs 8.68 ± 18.77 mg/dL, $p = .007$ for EVOO and ROO respectively). EVOO resulted in a significant reduction in plasma CRP (-0.40 ± 0.52 vs 0.007 ± 0.42 mg/L, $p = .01$ for EVOO and ROO respectively) and increased ex-vivo whole blood LPS-stimulated IL-10 production (12.13 ± 33.64 vs -17.47 ± 49.04 pg/mL, $p = .035$ for EVOO and ROO respectively). Daily consumption of polyphenol-rich EVOO in subjects who have been under medical treatment with risk-reducing agents could additionally improve LDL-C and selected inflammatory markers.

Trial Registration Number: NCT03796780

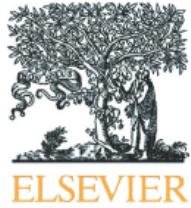
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KEYWORDS

Extra-virgin olive oil; refined olive oil; lipid profile; inflammatory markers

40 patients, 25 ml EVOO daily for 6 weeks => Reduce of LDL-cholesterol and inflammatory markers.



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International Journal of Cardiology

journal homepage: www.elsevier.com/locate/ijcard



Post-prandial effects of high-polyphenolic extra virgin olive oil on endothelial function in adults at risk for type 2 diabetes: A randomized controlled crossover trial☆



Valentine Y. Njike ^{a,b,*}, Rockiy Ayettey ^{a,b}, Judith A. Treu ^{a,b}, Kimberly N. Doughty ^{a,b}, David L. Katz ^a

^a Yale-Griffin Prevention Research Center, United States of America

^b Griffin Hospital, Derby, CT (VN, RA, JT, KD, DK), United States of America

Randomized, controlled, double-blind, crossover trial of 20 adults. High-polyphenolic EVOO acutely enhance EF, whereas refined olive oil did not.

Oleocanthal: the phenolic derivative with **strong biological action**

Clinical studies:

- It has **anti-inflammatory action** similar to Ibuprofen (Phytochemistry: Ibuprofen-like activity in extra-virgin olive oil. Beauchamp, Gary K. et al. Nature (2005), 437(7055), 45-46)
- It has a **positive effect on Alzheimer's disease**, slowing down its progression (“Oleocanthal-rich extra-virgin olive oil enhances donepezil effect by reducing amyloid- β load and related toxicity in a mouse model of Alzheimer's disease” Batarseh YS, Kaddoumi A., J Nutr Biochem. 2018 May;55:113-123)
- Olive oils rich in oleocanthal help to **reduce blood clots** (Journal of Functional Foods 36 (2017) 84-93)
- Beneficial effect of oleocanthal **against malignant melanoma of the skin** (Nutr Cancer. 2016 Ju;68(5):873-7)
- Oleocanthal and its derivatives act **against inflammatory diseases of the joints** (Arthritis Rheum. 2010 Jun;62(6):1675-82)
- Oleocanthal has a **beneficial effect on melanoma** (Oncol Rep. 2017 Jan;37(1):483-491)
- Daily consumption of olive oil rich in oleocanthal and oleasin appears to have a positive effect on patients with **Chronic Lymphocytic Leukemia** (Effect of Dietary Intervention With High-Oleocanthal and Oleacin Extra Virgin Olive Oil in Patients With Chronic Lymphocytic Leukemia a Pilot Study – Interventional Clinical Trial 2018/2019)1

A decorative graphic of an olive branch with olives and leaves, rendered in a light beige color, is positioned on the left and right sides of the page, framing the central text.

OleoMetS STUDY

Background and purpose of OleoMetS study

HPEVOO have been strongly linked with several cardiovascular health benefits, mainly due to their antioxidant and anti-inflammatory properties

The EUROLIVE Study, a European multicenter study, demonstrated that daily consumption of polyphenol-rich olive oil (366 mg/kg, phenolic content; 25 mL, daily dose) significantly reduced blood levels of oxidized-LDL cholesterol (ox-LDL)

A network meta-analysis reported improvement of cardiovascular risk factors with olive oil and a dose–response relationship between higher intakes of olive oil phenolic compounds and lower ox-LDL values

From what we know, this is the first study that investigates the effect of a HPEVOO supplementation on metabolic syndrome.

The purpose of this clinical trial is to investigate the effect of a high phenolic (extra) virgin olive oil (HPEVOO) supplementation containing oleocanthal/oleacein (75%) and oleuropein aglycon/ligstroside aglycon (25%) on metabolic syndrome parameters.

Sarapis K, Thomas CJ, Hoskin J, George ES, Marx W, Mayr HL, Kennedy G, Pipingas A, Willcox JC, Prendergast LA, Itsiopoulos C, Moschonis G (2020) The effect of high polyphenol extra virgin olive oil on blood pressure and arterial stiffness in healthy Australian adults: a randomized, controlled, cross-over study. *Nutrients*. <https://doi.org/10.3390/nu12082272>

Castaner O, Fito M, Lopez-Sabater MC, Poulsen HE, Nyyssonen K, Schroder H, Salonen JT, De la Torre-Carbot K, Zunft HF, De la Torre R, Baumler H, Gaddi AV, Saez GT, Tomas M, Covas MI (2011) The effect of olive oil polyphenols on antibodies against oxidized LDL. A randomized clinical trial. *Clin Nutr* 30(4):490–493. <https://doi.org/10.1016/j.clnu.2011.01.013>

A network meta-analysis reported improvement of cardiovascular risk factors with olive oil and a dose–response relationship between higher intakes of olive oil phenolic compounds and lower ox-LDL values

Metabolic Syndrome (MetS)

Approximately 20-25% of the adult population worldwide

Associated with endothelial dysfunction and atherosclerosis resulting in an increased risk of cardiovascular disease (CVD), stroke and type 2 diabetes mellitus (T2DM).

Higher prevalence in developed countries due to lifestyle factors

Risk of developing type 2 DM is up to 5 times higher in people with metabolic syndrome. It is also associated with an approximate doubling of cardiovascular disease risk

Obunai K, Jani S, Dargatzis DA. Cardiovascular morbidity and mortality of the metabolic syndrome. *Med Clin North Am.* 2007 Nov;91(6):1169-84.

Ford ES, Li C, Sattar N. Metabolic syndrome and incident diabetes: current state of the evidence. *Diabetes Care.* 2008 Sep;31(9):1898-904.

Inclusion & exclusion criteria

▪ **Diagnosis** of metabolic syndrome as per the American Heart Association; National Heart, Lung, and Blood Institute Criteria (AHA/NHLBI, 2005), only 3 of the following 5 criteria are required ⁵:

Adult (30 - 70 years old)

Signed informed consent

Waist circumference ≥ 102 cm (40 Inches) in Men and ≥ 88 cm (35 inches) in women

Triglycerides ≥ 150 mg/dL (1.7 mmol/L)

HDL < 40 mg/dL (1.03 mmol/L) in Men; < 50 mg/dL (1.29 mmol/L) in women

Blood Pressure $\geq 130 / 85$ mm Hg

Fasting Glucose ≥ 100 mg/dL (5.6 mmol/L)

▪ **Exclusion criteria**

Pregnant women

Diagnosis of some type of neoplasia

Inflammatory diseases in progress (Crohn's disease, ulcerative colitis,)

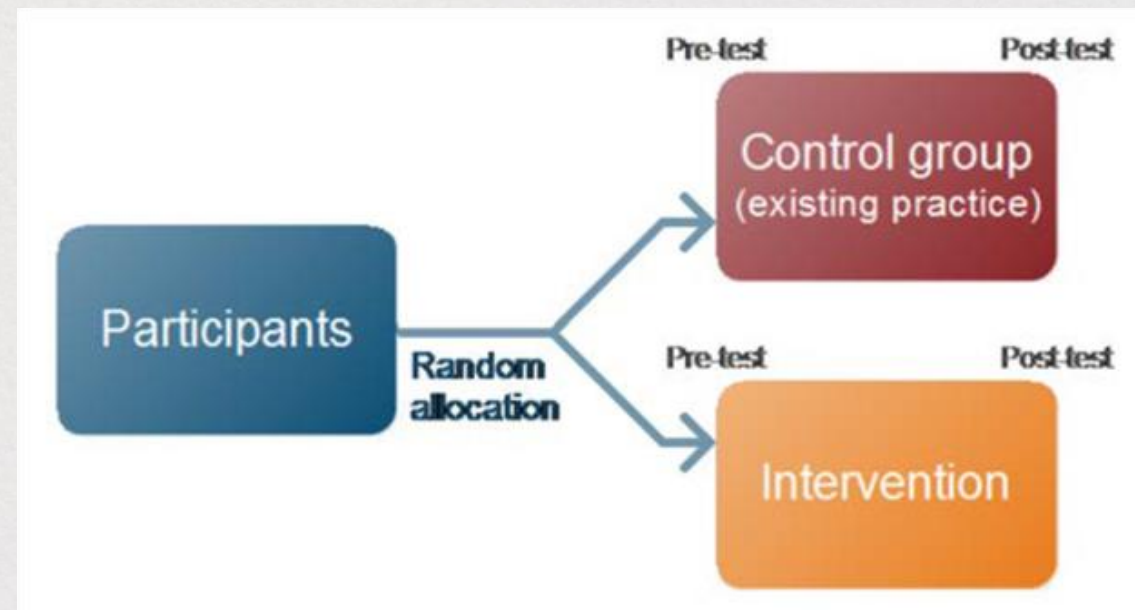
Individuals with severe cardiovascular diseases (coronary artery disease, arrhythmias, congenital heart disease, heart valve disease).

Allergies to olive oil, flower, pollen, olives

Intervention

3-months consumption of a **HPEVOO supplement**

- Treatment Group: Daily consumption of **10mg oleocanthal-rich supplement** .
- Control Group: Daily consumption of a placebo with similar appearance (double-blind, both participants and researchers are unaware) to prevent bias.
- Duration: 12 weeks.

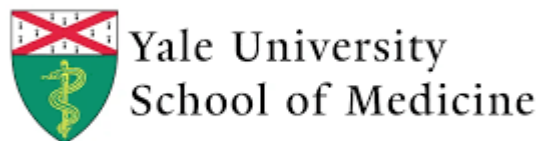


Primary & Secondary Outcome measurements

The primary outcome measure shall be the effect on lipids

Secondary outcome measurements shall be the effect on FBS, HbA1C, BP, changes in abdominal obesity/waist circumference, BMI, CRP, LFTs, RFTs and uric acid levels.

Researchers from 4 Universities



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ
UNIVERSITY OF CRETE

A stylized, golden-brown graphic of an olive branch with several olives, positioned on the left side of the slide. The branch extends from the bottom left towards the top left, with olives scattered along its length.

The innovative food supplement

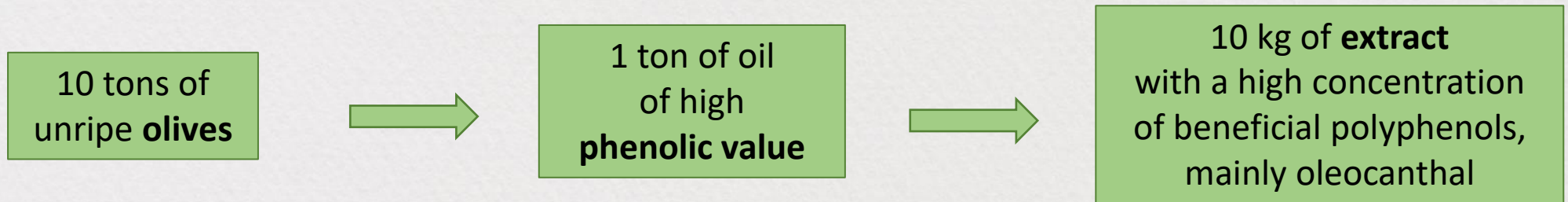
After **20 years of research**, professors of the Department of Pharmacy of the National and Kapodistrian University of Athens discovered a **global patent**:

They developed an innovative, environmentally friendly, large-scale method for **the selective isolation of the phenolic components of olive oil**, especially **oleocanthal**, which helps the human body in a multitude of ways.

*The power of the Mediterranean diet
concentrated in a capsule*

A stylized, golden-brown graphic of an olive branch with several olives, positioned on the right side of the slide. The branch extends from the bottom right towards the top right, with olives scattered along its length.

The “golden secret”



The only nutritional supplement with the **highest content of the bioactive ingredient oleocanthal** per capsule, which is **absorbed directly by the body**

Oleocanthal is the most powerful polyphenol and is isolated by a **patented method from Greek extra virgin olive oil** of high phenolic value

With **additional phenolic components** of olive oil, such as **oleasin, elaeuropein aglycote** and **ligstroside**, known for their beneficial properties

Secret of Health and Longevity
5 mg polyphenols of extra virgin green olive oil per capsule

Thousand lives

Thousand lives
OLEOCANTHAL
Ελιξίριο Υγείας και Μακροζωίας
Secret of Health and Longevity

30 caps

OLEOCANTHAL
Ελιξίριο Υγείας και Μακροζωίας
Secret of Health and Longevity

ΠΟΛΥΦΑΙΝΟΛΕΣ ΑΠΟ ΕΞΑΙΡΕΤΙΚΟ ΠΑΡΘΕΝΟ ΑΓΟΥΡΕΛΑΙΟ / ΕΥΟΟ POLYPHENOLS
ΣΥΜΠΛΗΡΩΜΑ ΔΙΑΤΡΟΦΗΣ / FOOD SUPPLEMENT

GLUTEN FREE SUGAR FREE SODIUM FREE VEGAN NON GMO



- GLUTEN FREE
- SUGAR FREE
- SODIUM FREE
- VEGAN
- NON GMO

Συστατικά: Εκχύλισμα ελαιολάδου 5 mg (ελαϊκανθάλι, ελαιασίνη, άγλυκο της ελαιωπαχής, άγλυκο του ημικρασιδι, ταρασίλη, υδροξυμυρασίλη), μικροκρυσταλλική κυτταρίνη, πολυσιθιλενογλυκόλη 400, διοξείδιο του πυριτίου, στεατικό μαγνήσιο.

Συνιστώμενη ημερήσια δόση: 1 με 2 κάψουλες την ημέρα πριν το γεύμα.

Προειδοποιήσεις: Να μη γίνεται υπέρβουση της συνιστώμενης ημερήσιας δόσης. Τα συμπληρώματα διατροφής δεν πρέπει να χρησιμοποιούνται ως υποκατάστατο μίας ισορροπημένης διαίτης. Το προϊόν αυτό δεν προορίζεται για την πρόληψη, αγωγή ή θεραπεία ανθρώπινης νόσου. Συμβουλευτείτε τον γιατρό σας αν είστε έγκυος, θηλάζετε, βρίσκεστε υπό φαρμακευτική αγωγή ή αντιμετωπίζετε προβλήματα υγείας. Να φυλάσσεται μακριά από τα μικρά παιδιά.

Να φυλάσσεται σε ξηρά, δροσερά και σκοτεινά μέρη.

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Thousand lives

OLEOCANTHAL

Ελιξίριο Υγείας και Μακροζωίας
 Secret of Health and Longevity

ΕΝΟΣ POLYPHENOLS
 ΠΟΛΥΦΑΙΝΟΛΕΣ
 ΑΠΟ ΕΞΑΙΡΕΤΙΚΟ ΠΑΡΕΝΟ
 ΑΓΟΥΡΕΛΑΙΟ

ΣΥΜΠΛΗΡΩΜΑ ΔΙΑΤΡΟΦΗΣ
 FOOD SUPPLEMENT

5mg/cap

30 caps



Το **Thousand Olives** αποτελεί το απόλυτο ελιξίριο ευζωίας και προσφέρει την υψηλότερη περιεκτικότητα ελαϊκανθάλις ανά κάψουλα σε μορφή που απορροφάται άμεσα από τον οργανισμό.

Η ελαϊκανθάλι, το «κρυφό μυστικό», είναι η πιο ισχυρή πολυφαινόλη και απομονώνεται με πατενταρισμένη μέθοδο από ελληνικό εξαιρετικό παρθένο ελαιόλαδο υψηλής φαινολικής αξίας. Σύμφωνα με διεθνείς μελέτες συμβάλλει στην:

- ✔ Προστασία των λιπιδίων του αίματος από οξειδωτικό στρες (Επίσημος ισχυρισμός υγείας για τις πολυφαινόλες του ελαιόλαδου σύμφωνα με τον Κανονισμό (ΕΕ) αρ. 432/2012)
- ✔ Διατήρηση φυσιολογικής αρτηριακής πίεσης
- ✔ Διατήρηση φυσιολογικών επιπέδων χοληστερόλης και γλυκόζης στο αίμα
- ✔ Σωστή λειτουργία των αρθρώσεων
- ✔ Σωστή λειτουργία του κεντρικού νευρικού συστήματος
- ✔ Μείωση του αισθήματος κόπωσης και αύξηση της αμοιβακής απόδοσης
- ✔ Προστασία των κυττάρων από την πρόωγη γήρανση
- ✔ Διατήρηση φυσιολογικού δείκτη μάζας σώματος

MADE IN GREECE





Water-soluble product in **powder form in a capsule (30caps)**
without fat, without calories, without bitter taste

1 capsule provides the body with **5 mg of phenols** in **water-soluble form**
that are absorbed by the body much easier than olive oil

5 mg = **2-3 tablespoons (20-30gr) extra virgin olive oil** with a high phenolic content (20g = 177 calories)

Innovative composition produced exclusively in Greece with selective extraction of specially chosen, early-harvest, **organically cultivated green olive oil** with exclusively natural/mechanical processes.
The olive oil extract in the capsule is **stable for 2 years**.

The extraction method is protected by **two patents**
(Greece, Europe, USA, Russia, Japan, Australia, New Zealand)

Recommended daily dose: 1 to 2 capsules, 30' before a meal

Product notified to the National Medicine Organization

10 tons of olives produce 1 ton of oil, 10 kg of extract and 100,000 capsules.
Depending on the olive variety 30 capsules derive from 1700-6000 olives

**The ultimate elixir of well-being
with the highest oleocanthal content per capsule
in a form that is absorbed by the body**

Oleocanthal, the most powerful polyphenol,
is isolated by a **patented method from Greek extra virgin olive oil** of high phenolic value

According to international studies it contributes to:

- **Protection** of blood lipids from **oxidative stress**
- **Maintenance** of normal **blood pressure**
- **Maintaining** normal **cholesterol and blood glucose** levels
- **Proper joint function**
- **Proper functioning** of the **central nervous system**
- **Reducing** the feeling of **fatigue** and **increasing physical performance**
- **Protection** of cells from **premature aging**
- **Maintaining** a normal **body mass index**



Cardiovascular system-diabetes

The basic starting point of many important diseases are the **malfunctions of the cardiovascular system** related to **high cholesterol, high pressure, sugar, etc.**

The consumption of the phenolic components of olive oil is **officially recognized by the EU** (Reg. 432/2012) as contributing to the **prevention of the oxidation of blood lipids from oxidative stress** and in particular **protects against the oxidation of LDL** (1,2,3) which it is the main factor in the creation of atheromatous plaques, i.e. the main cause of coronary heart disease, heart attacks and strokes.

The phenolic components of olive oil have also been shown to **significantly contribute to lowering LDL cholesterol and increasing HDL** (4).

Oleocanthal in particular is associated with a **reduction in platelet aggregation** and a **reduction in the risk of blood clots** (5). The action of oleocanthal against platelet aggregation is much stronger in the case of **diabetic patients** (6).

Olive oil polyphenols have an additional beneficial effect on the **regulation of hypertension and improve endothelial function** (7-9) especially in patients with **diabetes mellitus** (9) or in patients undergoing **angiography** (10).

A very important clinical study in **patients with prediabetes** showed that consuming olive oil polyphenols for one month led to a **reduction in blood sugar levels and body mass index** (11).

Chronic inflammation – Arthritis

Chronic inflammation and **oxidative stress** are the starting point for many important **neurological, orthopedic, dermatological** and other **diseases**.

Thousand Olives is high in oleocanthal, a **powerful, 100% natural anti-inflammatory ingredient** with **activity against COX-1 and COX-2**.

Thousand Olives also contain a **high concentration of oleasin**, a powerful **LOX inhibitor**.

The activity of oleocanthal has been found to be **similar to that of ibuprofen**, a widely used synthetic **non-steroidal anti-inflammatory drug** (12).

Studies have shown that oleocanthal can help **reduce inflammation in various inflammation-related diseases** by protecting the body. Important findings exist in diseases such as **arthritis** (13) and **neural inflammation** (14) with in vivo and in vitro experiments.

Findings from clinical studies show **action of phenolic components** even for **skin inflammations** caused by **photodynamic therapy** (15).

Addressing chronic inflammation is one of the most important factors that **ensure healthy aging**.

Neurodegenerative diseases

Neurodegenerative disorders cause a range of **diseases related to mental function**.

Toxins such as β -amyloid and abnormal Tau proteins contribute to such diseases.

Studies have shown that oleocanthal can **help remove such toxins from the brain**, alone or in synergy with medication (eg donepezil), and **help slow down the progression of diseases** such as **Alzheimer's disease**. (16-18)

In a clinical study conducted in Greece, it was found that daily consumption of olive oil with a high content of phenols by patients with **mild cognitive impairment (MCI, a precursor to Alzheimer's disease)** was associated with a **significant improvement in cognitive function** (19).

Similar beneficial findings were also obtained from a study in the USA (20) where the effect of olive oil phenols on **improving the function of the blood-brain barrier and brain connectivity of patients** was found.

A beneficial effect has also been seen in the case of **multiple sclerosis** in humans (21) or in animal models of **autoimmune encephalitis**. (22)

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Thousand
○ lives