



Olive Leaf

INTRODUCED 1997

What Is It?

Mediterranean olive tree leaves have been used in herbal and folk remedies for over 150 years. The leaves produces eutrophic compounds in order to defend themselves against bacteria, fungi, parasites and insects. These compounds provide natural protection and support a healthy cellular environment, without suppressing immune system function or harming beneficial microflora.*

Uses For Olive Leaf

Microbial Defense: The active nutrient in the olive leaf is oleuropein, a phenolic glucoside (structurally classified as an iridoid). The olive leaf also contains the bioflavonoids rutin, luteolin, and hesperidin, which work synergistically with oleuropein to enhance its natural activity. A recent study suggests that oleuropein may also support healthy bone.*

What Is The Source?

Olive leaf extract is derived from *Olea europaea* leaves and standardized to contain a minimum of 15% oleuropein. Typical levels range from 17-23%.

Recommendations

Pure Encapsulations recommends 1–2 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. At this time, there are no known side effects or precautions. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Individuals on anti-diabetes medications may require blood glucose monitoring. Individuals on anti-hypertensive medications may require blood pressure monitoring. Consult your physician for more information.

Olive Leaf extract

each vegetable capsule contains	 v 0
olive leaf (<i>Olea europaea</i> L.) extract	500 mg (standardized to contain min. 15% oleuropein)
1–2 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.