



*Saint Supply and Health*

Human Studies Only

## What are the *Heart Health* Benefits of Olive Oils like Saint Supply?

- **LOWERS LDL CHOLESTEROL (UNHEALTHY CHOLESTEROL)**
- **INCREASES HDL CHOLESTEROL (HEALTHY CHOLESTEROL)**
- **LOWERS TOTAL CHOLESTEROL**
- **REDUCES RISK OF HEART DISEASE AND HEART ATTACKS**
- **IMPROVES BLOOD PRESSURE**

### *Reference Links:*

[George ES, et al. The effect of high-polyphenol extra virgin olive oil on cardiovascular risk factors: A systematic review and meta-analysis. Crit Rev Food Sci Nutr. 2019](#)

[Sarapis K, et al., Extra virgin olive oil high in polyphenols improves antioxidant status in adults: a double-blind, randomized, controlled, cross-over study \(OLIVAUS\). Eur J Nutr. 2022](#)

[Hernández Á., et al. Increased consumption of virgin olive oil, nuts, legumes, whole grains, and fish promotes HDL functions in humans. Mol. Nutr. Food Res. 2019](#)

[Martín-Peláez S., et al. Effect of olive oil phenolic compounds on the expression of blood pressure-related genes in healthy individuals. Eur. J. Nutr. 2017](#)

[Massaro M, et al. Effects of Olive Oil on Blood Pressure: Epidemiological, Clinical, and Mechanistic Evidence. Nutrients. 2020](#)

[Estruch R, et al. Retraction and Republication: Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. N Engl J Med. 2018](#)

[Fitó M, et al; members of the SOLOS Investigators. Antioxidant effect of virgin olive oil in patients with stable coronary heart disease: a randomized, crossover, controlled, clinical trial. Atherosclerosis. 2005](#)

[Fernandez-Jarne. Risk of first non-fatal myocardial infarction negatively associated with olive oil consumption: a case-control study in Spain; International Journal of Epidemiology April 2002](#)

[Guasch-Ferré M, et al. Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. J Am Coll Cardiol. 2020](#)

[Jimenez-Torres, J, et al. Mediterranean Diet Reduces Atherosclerosis Progression in Coronary Heart Disease: An Analysis of the CORDIOPREV Randomized Controlled Trial. Stroke. 2021](#)

## What are the *Brain Health* Benefits of Olive Oils like Saint Supply?

- **REDUCES COGNITIVE DECLINE**
- **IMPROVES MEMORY**
- **REDUCES MILD COGNITIVE IMPAIRMENT (MCI)**

### *Reference Links:*

[Kaddoumi A, et al. Extra-Virgin Olive Oil Enhances the Blood-Brain Barrier Function in Mild Cognitive Impairment: A Randomized Controlled Trial. \*Nutrients\*. 2022.](#)

[Valls-Pedret C, et al. Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial. \*JAMA Intern Med\*. 2015.](#)

[Martínez-Lapiscina EH, et al. Virgin olive oil supplementation and long-term cognition: the PREDIMED-NAVARRA randomized trial. \*J Nutr Health Aging\*. 2013.](#)

[Solfrizzi V, et al. Dietary intake of unsaturated fatty acids and age-related cognitive decline: a 8.5-year follow-up of the Italian Longitudinal Study on Aging. \*Neurobiol Aging\*. 2006.](#)

[Berr C, et al. Olive oil and cognition: results from the three-city study. \*Dement Geriatr Cogn Disord\*. 2009.](#)

[Valls-Pedret C, et al. Polyphenol-rich foods in the Mediterranean diet are associated with better cognitive function in elderly subjects at high cardiovascular risk. \*J Alzheimers Dis\*. 2012.](#)

[Psaltopoulou T, et al. Mediterranean diet, stroke, cognitive impairment, and depression: A meta-analysis. \*Ann Neurol\*. 2013.](#)

## What are the *Skin Health* Benefits of Olive Oils like Saint Supply?

- **ENHANCES REPARATIVE RESPONSE**
- **SPEEDS WOUND HEALING**
- **DECREASES STRESS-RELATED SIGNS OF AGING**

### *Reference Links:*

[Cardoso CR, et al. Oleic acid modulation of the immune response in wound healing: a new approach for skin repair. Immunobiology. 2011.](#)

[Najmi M, et al. Effect of oral olive oil on healing of 10–20% total body surface area burn wounds in hospitalized patients. Burns. 2015.](#)

[Díaz-Valenzuela A, et al. Effectiveness and safety of olive oil preparation for topical use in pressure ulcer prevention: Multicenter, controlled, randomized, and double-blinded clinical trial. Int Wound J. 2019.](#)

[Zahmatkesh M, et al. Effect of Olea ointment and Acetate Mafenide on burn wounds - A randomized clinical trial. Iran J Nurs Midwifery Res. 2015.](#)

[Sönmez M, Yapucu Güneş Ü. Preventive effect of extra virgin olive oil on pressure injury development: A randomized controlled trial in Turkey. Complement Ther Clin Pract. 2020.](#)

[S. Kato, H. et al. Defensive effects of fullerene-C60 dissolved in squalane against the 2, 4-nonadienal induced cell injury in human skin keratinocytes HaCaT and wrinkle formation in 3D-human skin tissue model, J. Biomed. Nanotechnol., 2010](#)

[Romana-Souza B, Monte-Alto-Costa A. Olive oil inhibits aging signs induced by chronic stress in ex vivo human skin via inhibition of extracellular-signal-related kinase 1/2 and c-JUN pathways. Int J Cosmet Sci. 2019.](#)

## What are the *Digestive Health* Benefits of Olive Oils like Saint Supply?

- **REDUCES CONSTIPATION**
- **IMPROVES GUT MICROBIOME DIVERSITY**

### *Reference Links:*

[Cardoso CR, et al. Oleic acid modulation of the immune response in wound healing: a new approach for skin repair. Immunobiology. 2011.](#)

[Najmi M, et al. Effect of oral olive oil on healing of 10–20% total body surface area burn wounds in hospitalized patients. Burns. 2015.](#)

[Díaz-Valenzuela A, et al. Effectiveness and safety of olive oil preparation for topical use in pressure ulcer prevention: Multicenter, controlled, randomized, and double-blinded clinical trial. Int Wound J. 2019.](#)

[Zahmatkesh M, et al. Effect of Olea ointment and Acetate Mafenide on burn wounds - A randomized clinical trial. Iran J Nurs Midwifery Res. 2015.](#)

[Sönmez M, Yapucu Güneş Ü. Preventive effect of extra virgin olive oil on pressure injury development: A randomized controlled trial in Turkey. Complement Ther Clin Pract. 2020.](#)

[S. Kato, H. et al. Defensive effects of fullerene-C60 dissolved in squalane against the 2,4-nonadienal induced cell injury in human skin keratinocytes HaCaT and wrinkle formation in 3D-human skin tissue model, J. Biomed. Nanotechnol., 2010](#)

[Romana-Souza B, Monte-Alto-Costa A. Olive oil inhibits aging signs induced by chronic stress in ex vivo human skin via inhibition of extracellular-signal-related kinase 1/2 and c-JUN pathways. Int J Cosmet Sci. 2019.](#)

[Jasmine F Millman, et al. Extra-virgin olive oil and the gut-brain axis: influence on gut microbiota, mucosal immunity, and cardiometabolic and cognitive health, Nutrition Reviews, Volume 79, Issue 12, December 2021](#)