



Nutritional support for a healthy intestinal environment, heart health and immune support

APPLICATIONS / BENEFITS

- Provides GI microbial defense
- Promotes cardiovascular health
- Supports healthy BP levels already in normal range
- Promotes healthy blood sugar levels
- Provides antioxidant and anti-inflammatory properties

OVERVIEW

For thousands of years, olive leaves and their extracts have been consumed in the Mediterranean diet for diverse health benefits and overall well-being. Olive tree leaves produce eutrophic compounds as a defense mechanism against environmental stressors including bacteria, fungi, parasites and insects. These anti-microbial compounds have been shown to naturally protect and support a healthy cellular environment, without adversely impacting immune function or beneficial microflora. As a natural substance that exhibits antibacterial, antiviral and antifungal activity, olive leaf supports peak immune health.

Olive leaves contain high amounts of oleuropein, the active nutrient responsible for its wide range of beneficial effects. **Patient One's Olive Leaf** formula supplies 500 mg of olive leaf extract that is highly standardized, to provide a minimum of 20% oleuropein. The olive leaf also contains the bioflavonoids rutin, luteolin, and hesperidin that further enhance the activity of oleuropein.

Olive leaf has been studied for its effect in supporting healthy lipid and blood pressure levels. Equally important for heart health, olive leaf promotes healthy arterial and endothelial function, helping to relax blood vessels and avoid formation of arterial plaques.

Human and animal studies have shown that supplementation with olive leaf extract reduced blood glucose levels through several mechanisms. Olive leaf slows the

digestion of starches into simple sugars, slows absorption of those sugars from the intestine, and increases the uptake of glucose into tissues from the blood.

Further, olive leaf has been shown to provide protection against oxidative damage and promote healthy inflammatory response.

RESEARCH

- Human studies reveal that supplementing with 500 mg of olive leaf extract once daily resulted in significant reductions in hemoglobin A1c levels, the standard marker of long-term exposure to elevated blood sugar in diabetic people. Supplementation also lowered fasting plasma insulin levels.
- Research has demonstrated that olive leaf extracts help prevent the oxidation of LDL-cholesterol, a frequent precursor in developing atherosclerosis. Olive Leaf extracts also support increased production of nitric oxide, a signaling molecule that helps relax blood vessels.

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Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

Amount Per Serving

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| Olive Leaf extract (<i>Olea europaea</i> L.) (leaves) [Standardized for minimum 20% oleuropein (100mg)] | 500 mg* |
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Other Ingredients: vegetable cellulose (capsule), rice flour, leucine

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule 1-2 times daily, in divided doses with meals, or as directed by your health practitioner. Store in a cool, dry place.

Caution: Pregnant or lactating women and those taking blood pressure or other medications, consult health practitioner before use. Discontinue use and consult health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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