

## The Possible Benefits of Prolive (Olive Leaf Extract), a Food Supplement

- Supports healthy circulation and has multiple cardiotonic properties
- May provide support for aspects of the body's immune system
- May support aspects of blood sugar regulation within normal levels

## Description

Prolive with Antioxidants contains a standardised extract of olive tree leaves (Olea europaea) formulated with antioxidants, in tablet form to maintain potency. Olive leaf possesses a variety of properties which potentially support balanced intestinal microbiology, circulation and healthy cholesterol within normal levels.

Olives and olive oil have long been a staple food in Mediterranean countries, and substances obtained from parts of the olive tree, including the leaves, have traditionally been used to support digestive and cardiovascular health, and for general well-being. Olive oil is a key component of the Mediterranean diet, which we now know correlates with a decreased risk of coronary heart disease.

Research suggests that olive leaf extract may support blood pressure within normal levels, and vasodilation within normal levels. Olive leaf can promote the relaxation of vascular smooth muscles, protect low density lipoproteins from oxidation, and reduce production of the prostaglandin thromboxane A2. In addition to these properties, olive leaf has antioxidant, diuretic and other properties, which combine to make olive leaf a potential cardiovascular tonic.

Two important active ingredients are olive secoiridoides: oleuropein, the bitter principle of olives, and hydroxytyrosol, which is considered to be responsible for the high stability of olive oil. A hydrolysed form of oleuropein called calcium elenolate is the most studied component. Both oleuropein and hydroxytyrosol appear to support aspects of the body's immune response.

Olive leaf extract also contains oleuropeoside, a component involved with vasodilator activity, potentiation of glucose-induced insulin release, and peripheral uptake of glucose. Other active constituents are the secoiridoid compounds oleuroside, ligstroside, demethyloleuropein, and unconjugated secoiridoid type aldehydes. Olive leaf also contains quercetin glycosides and kaempferol glycosides. Serving size: 1 Tablet Servings per container: 90

## Amount per serving:

| Vitamin A (as Beta-Carotene)                                   | 5000 | IU |
|--|------|----|
| Vitamin C (50% as Ascorbic Acid and 50% as Ascorbyl Palmitate) | 20   | mg |
| Vitamin E (as D-alpha-Tocopheryl Acid Succinate)               | 20   | IU |
| Selenium (as Sodium Selenate)                                  | 20   | μg |
| Olive Leaf Extract (min. 18% Oleuropein)                       | 500  | mg |

Other ingredients: Dicalcium phosphate, stearic acid, cellulose, silicon dioxide, magnesium stearate.

**Suggested Use:** As a dietary supplement, 1 tablet one to three times daily, best taken with a meal, or as directed by a healthcare practitioner. Not to be used by individuals suffering from a serious illness without medical supervision. Increase your water consumption while using this product to 64 oz. per day. As with other strong detoxifiers, initial mild symptoms may occur. Additional supplementation with Buffered Vitamin C may be helpful. If symptoms persist, discontinue use.

## References

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