OLIVE LEAF
(Olea europaea)

Support for Healthy Immune Function*

ALCOHOL-FREE CONCENTRATED EXTRACT OF:
OLIVE LEAF MG EXTRACT PER 2 CAPS
(Olea europaea) 500 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE
Oleuropeins 50 mg

HISTORY: A SYMBOL OF PEACE

Olive is an evergreen tree that grows to 8-12 meters in height. It is native to the Mediterranean region, where it has been cultivated for over 3,000 years. Olive Leaf has long been used as a folk remedy. The Romans called the plant Olea from oleum, meaning oil, after the valuable oil extracted from its fruits. To both the Greeks and the Romans the Olive was a symbol of peace. The ancient Egyptians used the oil to mummify their kings. The English herbalist, John Gerard (1633) reported that Olive leaves and buds were useful in supporting the body’s proper function. In the 1898 edition of King’s American Dispensatory, it was reported that a strong decoction of Olive leaves could play a role in regulating body temperature.*

OLIVE AND THE IMMUNE SYSTEM

Several scientific investigations have examined the constituents of Olive leaves. One constituent that has received considerable attention is called oleuropein. First isolated in 1908, oleuropein enhances immune system function and offers antioxidant protection. *

OLIVE AND THE HEART

Fittingly, Olive leaf’s antioxidant properties may have a beneficial effect on cholesterol metabolism by protecting cholesterol from the damaging effects of free radicals. In addition to encouraging healthy cholesterol balance, this leaf may also play a role in maintaining normal blood pressure within a healthy range, assisting in maintaining healthy blood, and encouraging the normal flow of blood through the heart vessels. Collectively, the actions of this leaf serve to promote optimal levels of cholesterol in the body and help to maintain healthy heart function.*

Olive leaf may also show promise in maintaining healthy blood sugar levels and in promoting a normal balance of healthy bacteria in the gastrointestinal tract. More research is warranted to validate its use for these purposes.*

COMPLEMENTARY HERBS/FORMULAS

Echinacea Supreme, Echinacea/Goldenseal Supreme, Lomatium Supreme, Spilanthes Supreme, Hep Support

SAFETY EVALUATION/CONTRAINDICATIONS

This product should be avoided in pregnancy and lactation. Use with caution if you are allergic to Olive tree pollen as it may cause a seasonal respiratory allergic reaction. This herb may cause mild gastrointestinal irritation, particularly if taken on an empty stomach.*

KNOWN DRUG INTERACTIONS

Olive leaf may potentiate the effects of blood pressure lowering medications and theoretically may interact with antidiabetic medications due to its potential to affect glucose levels. Further, this herb may interact with drugs that inhibit blood clotting and platelet aggregation, including but not limited to warfarin (Coumadin®), heparin, clopidogrel (Plavix®), pentoxifylline (Trental®), and aspirin, due to its potential effects in encouraging healthy blood formation and blood flow. Before using this formula, talk with your healthcare professional if you take any medications.*

REFERENCES


FOR INFORMATION ON OTHER GAIA PRODUCTS PLEASE VISIT OUR WEBSITE
www.gaiaherbs.com


GENERAL REFERENCES


DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag. 1993


*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.