

OLIVE LEAF COMPLEX

SUPER ANTIOXIDANT
WELLNESS SOLUTION





WHAT IS OLIVE LEAF COMPLEX?

Used for centuries as a traditional medicinal plant throughout the world, Olive Leaf Complex was regarded as somewhat of a tonic cure-all in ancient times. Although its use dates as far back as ancient Egypt, we don't have to look back hundreds of years to see how beneficial olive leaf can be to the human body. Most people are aware of the health benefits associated with olive oil – and specifically the Omega-9 oleic acid it contains. But the olive plant itself is a rich source of other plant compounds called polyphenols, which have extremely potent antioxidant properties. In fact, scientists believe one of these compounds, **oleuropein**, is the reason olive trees are so disease-resistant, typically living to be greater than 1,000 years old. Scientific studies show that humans may also benefit from the very substances that protect olive trees!

WHAT ARE THE BENEFITS?

Olive leaf has been clinically studied for its anti-fungal, anti-bacterial and anti-viral properties in addition to its potential to support a healthy immune system. This may be why Olive Leaf Complex is so popular during cold and flu season. The polyphenols in olive leaf have also been studied for their capacity to support healthy heart function as well as overall well-being because of their extremely powerful antioxidant properties.

ANTIOXIDANT SUPER-POWER

Exposure to things like pollution, sunlight, smoking and even plain old breathing naturally results in oxidation. Excessive oxidation can “break” atoms, so they end up with unpaired electrons. These “broken” atoms are called free radicals, which scientists have linked to multiple disease states. Antioxidants prevent cell damage by donating their electrons to “fix” these “broken” atoms and counteract free radical damage. This is why antioxidants are so vital to good health.

WHAT DOES ORAC MEAN?

Developed by the National Institute of Health (NIH), an ORAC (Oxygen Radical Absorbance Capacity) unit, is a measurement of the antioxidant capacity of different foods. It is believed that foods higher with a higher ORAC value (meaning they contain more antioxidants) will more effectively neutralize free radicals – so the higher the ORAC value, the better. Olive leaf has a higher ORAC value than green tea extract and Vitamin C.

COMPLEX OR EXTRACT?

While oleuropein is the most widely studied substance in olive leaves, it's only one of olive leaf's polyphenol team. In fact, there are more than 20 distinct polyphenols in olive leaf—the full spectrum of which work in synergy to create powerful health benefits. Olive leaf formulas that provide the full spectrum of polyphenol compounds (rather than only oleuropein) are often called Olive Leaf “Complex.”

WHY BARLEAN'S?

Barlean's Olive Leaf Complex meets all of the important criteria for the very best and most effective Olive Leaf products:

- **FULL-SPECTRUM COMPLEX:** Barlean's contains the full spectrum of beneficial polyphenols, including a whopping 95 mg of oleuropein per serving.
- **SUPER-ORAC ANTIOXIDANT:** Barlean's liquid Olive Leaf Complex Leaf has an ORAC value of 7,770 per serving. This is a significantly higher ORAC value than Noni, Mangosteen and Acai juice.

Barlean's Olive Leaf Complex is conveniently available in multiple formulas, including both natural and peppermint flavored liquids, softgels, a soothing throat spray, and a nasal spray to naturally cleanse and hydrate dry nasal passages.