

# WELLNESS OLIVE LEAF™



## Potent Antioxidant Protection!

**M**editerranean peoples have traditionally relied on the olive leaf as an important botanical resource. Now Source Naturals WELLNESS OLIVE LEAF captures the benefits of the olive leaf in a convenient, modern form.

Olive leaf extract is a powerful antioxidant with many potential uses. Research suggests many of its benefits are attributable to its phenolic compounds, especially oleuropein. Source Naturals WELLNESS OLIVE LEAF is standardized to contain 15% oleuropein—one of the highest potencies on the market!

WELLNESS OLIVE LEAF is part of Source Naturals *Wellness Family*™: a group of products designed to support your body's natural defenses when under stress.



## A Popular Herbal Resource

The olive leaf has been valued for thousands of years by people in Mediterranean countries, who made extensive use of olive oil, leaves and bark.

The botanical use of olives dates back at least as far as the early 1800's, when the leaves were brewed into a cleansing tea. The beneficial properties of this popular herbal tea were attributed to a bitter substance in the leaves. In modern times researchers have identified this bitter substance as oleuropein, a phenolic glucoside that is eliminated from the olives when they are cured.

## The Mediterranean Diet

In addition to its botanical uses, olives and olive oil have long been central to the diets of Mediterranean peoples. This diet has been associated with numerous health benefits, especially for the cardiovascular system. While these benefits are often attributed to olive oil's ratio of saturated and unsaturated fatty acids, current research suggests they may also be due to the unique properties of olive oil's phenolic compounds.

## Promising Research

Oleuropein has been the subject of extensive in vitro (test tube) and animal studies, which have demonstrated protective and antioxidant activity, especially prevention of the oxidation of LDL cholesterol. Animal studies suggest oleuropein may help maintain healthy blood sugar levels, while animal and laboratory studies also suggest that calcium elenolate, one of olive's active components, may support the body's defense system. In vitro studies of elenolic acid, the hydrolyzed form of oleuropein, have shown it to have potential protective benefits.

Each 500 mg tablet of WELLNESS OLIVE LEAF is standardized to yield 75 mg of oleuropein.

## The Wellness Family™ Supports Your Defenses

You can maintain good health all year long with the Source Naturals Wellness Family of natural defense system products. See your local health food store about these other Wellness products: WELLNESS CELL RESPONSE™, WELLNESS C-1000™, WELLNESS COLD & FLU™, WELLNESS COLLOIDAL SILVER™, WELLNESS EARACHE™, WELLNESS ELDERBERRY™, WELLNESS GARLIC™, WELLNESS HERBAL RESISTANCE™, WELLNESS MULTIPLE™, WELLNESS ZINC™ and, of course, original WELLNESS FORMULA®.

WELLNESS OLIVE LEAF EXTRACT is available in bottles of 30, 60 and 120 tablets.

## References

Gonzalez, M. et al. 1992. Hypoglycemic activity of olive leaf. *Planta Medica* 58:513-515.

Renis, Harold E. 1970. In vitro ... activity of calcium elenolate. *Antimicrobial Agents and Chemotherapy*. Kalamazoo: The Upjohn Company. 167-172.

Soret, M.G. 1969 ... Activity of calcium elenolate [on] ... hamsters. *Antimicrobial Agents and Chemotherapy*. Kalamazoo: The Upjohn Company. 160-6.



**SOURCE NATURALS®**  
*Strategies for Wellness<sup>sm</sup>*

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.