

Olive leaf extract helps support healthy blood pressure

(NAPSA)—Good news for the aging baby boomer population and others: Blood pressure control is rated one of the most important health concerns and research shows that the bioactive compound oleuropein found in olive leaf extract helps support blood pressure. That's important, considering high blood pressure is one of the most accurate predictors of cardiovascular disease, the No. 1 killer of Americans.

Many of the validated benefits of the Mediterranean diet derive from heart-healthy compounds contained in the olive fruit, including the polyphenols tyrosol and hydroxytyrosol. When it comes to olive's power to support blood pressure already within a healthy range, research shows that the bioactive compound oleuropein is primarily responsible.

The Benefits

Oleuropein has been subjected to extensive research and found to have:

- A positive influence on LDL cholesterol
- A good influence on blood sugar levels already within normal range
- An ability to provide optimal support for cardiovascular health
- Powerful antioxidant properties to protect blood vessels against cellular damage caused by free radicals.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Supplementing your diet with an extract of olive leaves may help you keep your blood pressure at healthy levels.

The Research

As published in the scientific journal *Phytomedicine* in February 2011, researchers using 1,000 mg per day of this formulation in a double-blind, randomized, parallel and active-controlled clinical trial documented an average 11.5 p mmHg (millimeters of mercury) decline in systolic readings. Systolic blood pressure is the maximum arterial pressure during the contraction of the left ventricle of the heart. In a blood pressure reading, the systolic pressure is typically the first number recorded. For example, with a

blood pressure of 120 over 80, the systolic pressure is 120.

Where To Find It

Oleuropein is naturally found in olive leaves and also in a branded ingredient called Benolea from Frutarom, standardized to 16 percent oleuropein. Standardization is a process that manufacturers use to ensure consistency. In some cases, standardization involves identifying specific chemicals (known as markers). The process can also provide a measure of quality control.

Expert Advice

Life Extension Foundation®, a pioneer in funding cutting-edge research and reporting the latest anti-aging and integrative health therapies worldwide, suggests a daily serving of two 500-mg vegetarian capsules of Olive Leaf Vascular Support, a supplement product that supplies optimal concentrations of this proprietary, highly stable oleuropein, for maximum benefit.

Learn More

For more information about olive leaf extract and Olive Leaf Vascular Support, visit www.LEF.org/oliveleaf.

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