

Olive Leaf Extract: The Mediterranean Healing Herb (Live Healthy Now)

Lori Barrett

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Olive leaf extract is derived from the leaves of the olive plant, a medicinal herb used therapeutically for centuries. Scientists have found that oleuropein, the active compound in olive leaf extract, can effectively lower bad cholesterol and blood pressure and fight disease-causing microorganisms, such as bacteria, fungi, viruses, and protozoa. Cancer, diabetes, heart disease, inflammation, are among the diseases that have responded to treatment.

In addition, the extract can be used topically to combat eczema and acne, reduce skin damage caused by UVB radiation and hydrate dry skin.

In addition to discovering all of the health-promoting benefits of olive leaf extract, you'll receive expert advice on the available forms of olive leaves (capsules, tinctures, powders, and teas) and how to determine which ones are best suited to meet your needs.



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