

### **Botanical classification of olive leaf extract**

Hippocrates, the ancient Greek physician prescribed olive oil for ulcers and other ailments, yet it was only in the 1900 that the bitter compound - oleuropein - was isolated from the leaf.

### **Description of olive leaf extract**

The olive tree is a rugged evergreen tree with gray fissured bark and leathery leaves.

### **Parts used**

The leaf is the main focus in herbal medicine, but the fruit oil - olive oil - is a very important commercial product.

### **Properties of olive leaf extract**

It is an antiseptic astringent herb that lowers fever and blood pressure, improves kidney function and has a calming effect.

The leaves contain secoiridoids - including oleuropein, as well as ligustroside and oleacein. It further contains triterpenoids (oleanolic acid and uvaol), sterols, flavonoids (chrysoeriol, apigenin and luteolin glycosides) and various other phenolic acids.

### **Therapeutic use**

1. Internal use
  - a. It is used for a variety of ailments and it is well known that the oleuropein lowers blood pressure by increasing coronary flow. A recent study has also shown that oleacein inhibits the angiotensin converting enzyme (ACE). The powerful antioxidant effect of olive leaf extract also protect the heart and circulatory system from free radical damage.
  - b. Olive leaf extract is very beneficial for treating conditions caused by viruses, retrovirus, bacteria, as well as protozoa.
  - c. It interferes with the critical amino acid production of viruses and may inactivate the virus by virus budding or assembly. It can also penetrate the cells and stop viral replication.
  - d. It furthermore is effective against antibiotic-resistant bacteria, fungi and yeast strains and stops the production of micro-toxins, which contribute to chronic fatigue.
  - e. People with Chronic Fatigue Syndrome have reported a radical improvement when taking olive leaf extract internally and report more energy and a better sense of wellbeing.
  - f. Olive leaf extract further improves candida infections and the resultant vaginal discharge, psoriasis, PMS, weight problems, headaches and all other symptoms that coincide with yeast infections.
  - g. People struggling with the Epstein Barr virus have also reported dramatic improvement.
  - h. The bark is sometimes used to treat colic.

2. External use
  - a. Olive leaf extracts can have a number of applications in cosmetics: first of all, from their traditional use as a cicatrizing agent, they can be incorporated into a
  - b. formulation for skin damage either by UV radiation or for assisting with wound healing.
  - c. This activity is explained by the presence of flavonoids and oleanolic acid, which stimulate the components of the connective tissue and regularize the tissue - thereby boosting the health of the skin
  - d. The secoiridoid derivatives (oleuropeoside) in olive leaves are responsible for the vaso-dilating and relaxing properties of their extracts.
  - e. In cosmetics this property may be used in rubefacient preparations and products for sport. Unlike Capsicum, which acts through direct stimulation of the nerve ends, olive leaf extracts act directly on the muscle, which then causes an increase in the blood irrigation.
3. Use of essential oil
  - a. None noted.

### **Safety precautions and warnings**

None noted.