

Olive Council AGM and Field Day  
Symposium 2015  
Tasmania, Australia

## **Olive Leaf – use and benefits as powerful herb**

*OliVera*

# Olive Tea Plantations



Yamahisa olive tea plantation in Japan



The Comvita olive leaf farm, Australia



# Olive Tree as the “Tree of Life.”

Olive (*Olea europaea* L.) fruit, oil and leaves have an ancient history of nutritional, medicinal and traditional usages. Olive products are an important part of the Mediterranean diet.

## Olive fruits and Olive oil

Powerful antioxidant you can eat, drink or apply to your skin

- a traditional medicine whose therapeutic uses date back centuries
- one of the world's most widely enjoyed foods can be added to make a zesty addition to salads, pizza, meat, poultry dishes

## Olive leaf

Powerful antioxidant you can eat, drink or apply to your skin.

- a traditional medicinal herb whose therapeutic uses date back centuries
- can be use in many dishes in soup, can be added in smoothies, pasta, pancake, cakes, salads, jelly, ice-cream.

Early references to the olive leaf as medicine can be found in the Bible:

**"The fruit there of shall be for meat, and the leaf there of for medicine."  
(Ezekiel 47:12)**



# Olive Leaf

**Bioactive components** were found in leaves: oleuropein, hydroxytyrosol, verbascoside, rutin, and olive biophenols (OBPs)

**Oleuropein** content in olive leaves greater than in olive oil, olive fruit, bud and bark

**Oleuropein** is one of the active ingredients and this is where most of health benefits

Olive leaves can be use:

- internally
- externally

Healthy benefits

- antioxidant
- anti-inflammatory
- antimicrobial
- antitumor
- anticancer
- protection of cardiovascular disease
- antidiabetics

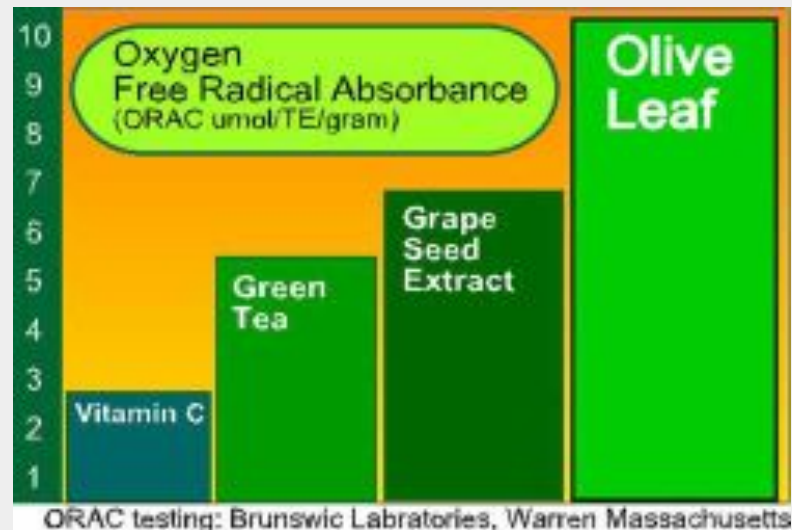


## Fast Facts – Olive Leaf Extract

- widely considered the **ultimate natural defender** of your immune system
- contains **400% greater antioxidant** capacity than Vitamin C
- contains up to **40 times more polyphenolics** than extra-virgin olive oil
- a powerful combatant **against free radicals**



QNET



Olive leaf 400 % more antioxidant than vitamin C  
and double the antioxidants of green tea

# Olive leaf in Medicine

Olive leaf can be taken as:

- fresh leaves
- liquid concentrate
- dried leaf tea
- powder
- capsule



Olympic athletes at London 2012 used olive leaf extracts to maintain a healthy immune system

# Olive leaf in Medicine



Olive leaf extract for cough drops



# Olive leaf tea



Olive leaf tea is unique and tastes like nothing else



Fresh olive leaves



Dry olive leaves



Olive leaf powder

The fresh leaves can be chewed for inflammations  
Olive leaf tea drink  
Olive leaf drink iced version

Olive leaf tea (warm)  
Olive leaf tea with milk (warm)  
Olive leaf in a latte  
Olivecappuccino





Olive leaf can be combined with other herbs/teas/supplements to create flavorful, healthful blends.

# Natural remedy



Olive Leaf Tincture Herbal Remedy

Traditional Bach olive  
Flower Essence Remedy



It can quickly take someone from total & complete physical and or mental fatigue, exhaustion & weariness to strength, vitality, vigor, renewed interest & feeling energized.



Olive leaf with green tea can be use in many dishes

Olive leaf fresh (crushed) in omelettes

Olive leaf powder can be added in smoothies, pasta, pancake, cakes, bred, salads, jelly, ice-cream and others

Olive leaf juice as natural preservative in food industry

The test panel found an improvement of the oil quality  
when an amount of olive leaves (3 %) were  
added to the olive fruit





# Olive leaf benefits to animals

The research has been done on animals to investigate the theory behind thousands of years of traditional use in humans.



Olive leaf tea for horses



Olive leaf powder for pests and animals

Olive leaf byproducts: olive leaves, olive leaves extract or cut and brought fresh to livestock after pruning use on animal nutrition and as medicine

- in growing pigs
- fed to livestock (cattle, sheep, goats, horses)
- medicine for cats, dogs

# Olive leaf in soaps, cosmetic & dental



Olive leaf face wash  
Acne face wash



Soap with Olive Leaf Extract  
Powder and olive oil



Olive Leaf Hand Lotion

- "Life consists not in living, but in enjoying health" - Martial—Epigrams. Bk. VI.
- "Food should be your medicine and if you need medicine, take it from food" - Hippocrates (460-377 B.C.)
- "Naturally it is organically grown – better for us as the farmer, better for the environment and all us."
- Food is the most important meal of the day. High-quality food is better for our health.

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**THANK YOU**

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