

## Extra Virgin Olive Oil

*Organically grown, great tasting olive oil*

**Item #02008 • 500 ml (16.9 fl oz)**

The heart-healthy Mediterranean diet focuses heavily on fruits and vegetables, whole grains, legumes and nuts, limited intake of red meat, herbs and spices instead of salt, lean protein like fish and poultry, and most importantly, olive oil.

Unlike traditional cooking oils and other fats, olive oil has a high profile of monounsaturated fatty acids, which are better for your heart than saturated fats.<sup>1</sup> But the powerful cardiovascular health benefits of olive oil also come from natural olive compounds called polyphenols.<sup>2</sup>

Olive oil polyphenols have been found to promote healthy levels of HDL (good) cholesterol already within normal range. Plus, polyphenol-rich olive oil has been found to promote healthy arterial and endothelial function, encourage the release of nitric oxide, and support healthy blood pressure already within normal range.<sup>3-7</sup>

But not all olive oils are created equal. Unlike commercial olive oils, Life Extension's unfiltered, cold-pressed Extra Virgin Olive Oil comes from organically cultivated olives grown without pesticides, hand-picked at the peak of ripeness, and milled within hours of harvest.

Because of this, our Extra Virgin Olive Oil provides more than 600 mg/kg of naturally occurring olive polyphenols — 3 times the amount found in ordinary store-bought olive oils. Maximize the heart-healthy benefits of the Mediterranean diet. Try Extra Virgin Olive Oil from Life Extension® today.

### References

1. *BMC Med.* 2014 May 13;12:78.
2. *Pharmacol Res.* 2007 Mar;55(3):175-86.
3. *Altern Med Review.* 2007 Dec;12(4):331-42.
4. *Int J Mol Sci.* 2012;13:3291-340.
5. *Eur J Nutr.* 2013 Apr;52(3):1223-31.
6. *J Clin Endocrinol Metab.* 2011 Oct;96(10):E1694-702.
7. *Nutr Metab Cardiovasc Dis.* 2015 Jan;25(1):60-7.



### One serving contains:

Serving Size 1 Tbsp (15 ml)  
Servings Per Container about 33

#### Amount Per Serving

Calories .....	126
Fat Cal. ....	126
Total Fat.....	14 g
Sat Fat .....	2 g
Polyunsat Fat .....	1.5 g
Monounsat Fat .....	10 g
Sodium .....	0 mg
Total Carb. ....	0 g
Protein .....	0 g

Not a significant source of *trans* fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.

### Dosage and use:

- This premium, unfiltered oil may naturally settle over time.
- Please store at room temperature in a cool, dark place away from sunlight and heat sources.
- Best if used within 24 months from harvest date.
- Do not purchase if metal seal is broken or damaged.