

25th July 2006

The Chronicle

HAVE you seen these products on health shop or supermarket shelves and wondered what all the fuss is about?

olive leaf extract

OLIVE leaf extract has been touted as an antibacterial, antiviral and antiparasitic substance with immune-boosting properties which should help fight off colds and the like.

However, recently it has also proven lethal to human breast and prostate cancer cells in the laboratory, Southern Cross University researchers have discovered.

However, a great deal of additional laboratory work will need to be performed to confirm these findings which would then need to be the subject of extensive clinical trials, principal researcher Dr Lesley Stevenson said.

The results of the study by the Australian Centre for Complementary Medicine Education & Research (ACCMER), Australasia's leading centre for evidence-based research and post-graduate education in complementary medicine, were released this week. ACCMER is a joint venture between the University of Queensland and Southern Cross University.

In a separate aspect of the study, olive leaf extract was also found to produce inhibitory activity against some key mediators in the inflammatory process.

The new findings follow research in 2005, when the same olive leaf extract was shown to have an antioxidant capacity 400% higher than Vitamin C and almost double that of green tea or grape seed extract.