

## Natural Health & Beauty Magazine

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### Aussie olive helps protect heart

A small piece of Australian flora has made a big impression at the American Heart Association's 7th Annual Conference in Denver.

Australian olive leaf extract has shown promising cardio-protective effects, according to a study at Melbourne's RMIT University.

'Polyphenols from this olive leaf extract significantly inhibited platelet aggregation in the laboratory,' said research team leader Indu Singh at the conference. 'This has important benefits as the anti-platelet effects in olive leaves may offer a degree of protection from thrombosis and other cardiovascular disease.'

The findings have since been published in *Nutrition, Metabolism & Cardiovascular Diseases*.

This latest research follows Australian and European studies

linking the polyphenols in fresh olive leaves to lowered blood pressure and antibacterial, anti-inflammatory and antioxidant effects.

'It is very encouraging to see scientific studies supporting this,' said Julian Archer, of Olive Leaf Australia.

