

Olive Leaves: This Season's Flu Fighter

(NAPSA)—You've probably heard that olive oil can be good for heart health, but did you know that the olive leaf might help ward off colds and flu?

Olive trees can live over 1,000 years, resisting attacks from bacteria, virus, fungus and a range of microorganisms. Now doctors say compounds made from olive leaves



Olive leaf extract has powerful anti-oxidant properties.

let people tap into that same natural defense system—and that the result could be fewer colds and flu and improved overall health.

Key to the olive leaf's protective powers is a host of anti-viral, antibacterial and anti-fungal compounds, along with a powerhouse of cell-protecting anti-oxidants. In fact, research at Australia's Southern Cross University identified the olive leaf as the most powerful, radical-scavenging anti-oxidant of 55 medicinal herbs.

You can take a liquid supplement to get the full benefits. Barlean's Olive Leaf Complex is made by pressing fresh olive leaves, rather than drying them and turning them into pills. This leaf extract has been shown to have an anti-oxidant capacity 400 times greater than that of vitamin C.

Plus, the product may help improve cardiovascular health, blood pressure and joint health.

For more information, visit www.barleans.com.