by Margy Squires

Olive Leaf Extract

What's the Final Answer?

No matter how you may try to maintain your health year round, it seems the winter months are the biggest challenge to staying well. Perhaps it's the stale, dry inside air that fosters bacteria and viruses. Or the shortening days that reduce your availability of the sunshine vitamin D for immune defense. Maybe it's due to lack of restorative sleep. No worries! Olive leaf extract (OLE) is the smart way to fend off an attack or get you feeling better.

1 Oleuropin is the "secret" to OLE.
a) true
b) false

2 Is there a standardized oleuropein shown effective in research?
a) 18%
b) 10%
c) 6%
d) 2%

3 OLE is "smart" in its ability to:
a) target even mutations of viruses, bacteria & fungus
b) protect the liver & GI system to support immunity
c) a & b
d) none of the above

4 How do I take OLE?
a) every night during cold & flu season (preventative)
b) when people around you are sick (preventative)
c) when you get sick (therapeutic)
d) any of the above

5 The safety of OLE is known by:
a) numerous studies, including human
b) standardization of oleuropein content
c) length of time used as medicinal
d) all of the above

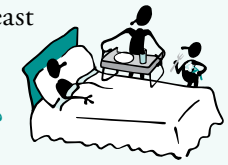
6 OLE's nickname is:
a) nature's antibiotic
b) the smart germ killer
c) natural cold & flu fighter
d) all of the above

7 OLE contains beta-sitosterol which may help control cholesterol.
a) true
b) false

8 OLE has a historical use for more than:
a) 200 years
b) 50 years
c) 20 years
d) 5 years

9 OLE is used as a hypoglycemic agent.
a) true
b) false

10 What are some conditions OLE is reported to help?
a) anthrax, botulism, cold sores
b) hypertension, hyper & hypoglycemia, high cholesterol
c) Lyme disease, strep throat, yeast
d) all of the above



11 What are other uses for OLE?
a) liver detox & GI health
b) clears Candida & yeast that block nutrient absorption
c) a & b
d) none of the above

Read more about OLE in the TyH Online Library

- *Olive Leaf Building Your Health on Many Levels*
- *Foolin' the Flu*
- *Formula for Success, Nutrients to Beat the Cold War*
- *OLE, Immune Power from a Plant*

How did you score? Smart defense is the best offense!
Use OLE to be TyH well year round. ***Answers on next page (no peeking!)***

Answer Key: 1) a. But don't forget about other compounds that exert OLE power such as flavonoids, plant sterols and calcium elenolate. **2) c.** Use a lower potency for sensitive systems; higher as tolerated. **3) c.** Unlike flu shots that target last year's strains, OLE kills what's "bugging" you now, and boosts your immunity too. **4) d.** OLE helps you stay well or get better! **5) d.** OLE is effective and safe (there's even a children's dose!) **6) d.** OLE is natural defense from a plant. **7) a.** Beta-sitosterol is a beneficial plant fat. **8) a.** Actually longer since olives trees were present in the Garden of Eden. **9) a.** OLE helps lower insulin resistance and promotes positive pancreatic activity (deBock et al 6/13) to support healthy blood sugar levels. **10) d.** OLE is anti-viral, anti-fungal, anti-bacterial, antioxidant, anti-inflammatory; you get the picture! So it effectively covers a wide range of conditions. **11) c.** See *Olive Leaf, building Your Health on Many Levels* and *OLE, Immune Power from a Plant* articles in the TyH Online Library for the research on what OLE can do for you!

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TyH offers 2 Olive Leaf Extracts

Olive Leaf Extract (6%)
Olive Leaf ESE™ (18%) with Echinacea

HOW MUCH TO TAKE

(Based on 500 mg 6% Oleuropein Dose)*

Acute Infections	3-4 capsules every 6 hours
Cold & Flu	1 capsule every 6 hours
Detox	1 capsule every 6 hours
Everyday Health	1-2 capsules daily
Yeast (candida)	2 capsules every 8 hours on an empty stomach

The younger you are, the less you may need to detoxify and the quicker you will feel results and energy. If you are older or more toxic, more of the supplement is needed. If you experience a "die-off" effect of toxins, cut back on your dose or stop entirely and re-start at a slower pace and lower dose.

Source: ***Olive Leaf Extract*** (Dr. Morton Walker) Kensington Books

*Use fewer doses for 18% Olive Leaf ESE™