The olive leaf is full of natural antioxidants, the most potent being hydroxytyrosol and hydroxytyrosol phenethyl ester. Extracts from the olive leaf have been shown to have a multitude of health benefits, such as positive effects on blood pressure, blood sugar, lipid profiles, insulin sensitivity, bone health and immunity. There are also some studies which suggest that olive leaf extract can reduce inflammation, and has anti-cancer activity.

References: