HEALTH BENEFITS OF EXTRA VIRGIN OLIVE OIL

There are a wide range of well-evidenced health benefits related to Extra Virgin Olive Oil:

- Prevention of Overall Mortality
- Prevention of Cardiovascular Disease (CVD), Coronary Heart Disease, and Myocardial Infarction
- Prevention of Diabetes or improved Glycaemic Control in existing Type 2 Diabetes Mellitus (T2DM)
- Reduction in Overall Cancer Incidence
- Prevention of Neurodegenerative Diseases
- Prevention of Mood Disorders
- Reversal of Fatty Liver Disease
- Prevention of Overweight and Obesity

Extra Virgin Olive Oil is central to the Mediterranean Diet. There is increasing evidence describing the unique and powerful role of Extra Virgin Olive Oil at the heart of the numerous regional variations of the Mediterranean Diet. Extra Virgin Olive Oil is a crucial enabler of a diet rich in vegetables, making a plant predominant diet enjoyable and sustainable.

The Mediterranean style diet is now recommended by governments, scientists and health professionals as an example of a nutritional gold standard with a considerable body of evidence to support very significant beneficial effects on health and wellness.

The Mediterranean Diet is a nutritional recommendation based on the traditional dietary patterns of Southern Europe. This diet is characterised by the high consumption of Extra Virgin Olive Oil, legumes, unrefined cereals, fruits and vegetables; moderate to high consumption of fish and dairy products; and low consumption of non-fish meat. In 2013, UNESCO listed the Mediterranean diet as part of the intangible cultural heritage of humanity.

Evidence shows that people who consume a Mediterranean style diet enjoy various health benefits.
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| Prevention of Overall Mortality            | • Reduced overall mortality ¹,³  
• Reduced mortality from CVD ¹,³  
• Reduced mortality from cancer ¹,³  |
| Prevention of CVD, Coronary Heart Disease, and Myocardial Infarction | • Reduced risk of primary and secondary CVD via reduction in associated risk factors such as:  
  • ↓ blood pressure ¹, ³, ⁷-¹³  
  • improved blood lipid profile (↓ Triglycerides, Total Cholesterol and Low-Density Lipoprotein-oxidation; ↑ High Density Lipoproteins) ³, ⁷, ⁹, ¹⁴-¹⁷  
  • ↓ in endothelial dysfunction ¹, ³, ⁴, ⁷, ⁹, ¹⁰  
  • ↓ Body Mass Index (BMI) ¹, ⁴  
  • ↓ Waist Circumference ¹, ⁴, ¹⁸  
  • ↓ oxidative stress and inflammation ¹, ⁴, ⁶, ⁸, ⁹ |
| Prevention of Diabetes or improved Glycemic Control in existing Type 2 Diabetes Mellitus | • ↓ incidence of Type 2 Diabetes Mellitus (T2DM) ⁶, ¹⁹, ²⁰  
• ↓ body weight ¹⁸  
• ↑ glucose metabolism in existing T2DM ¹⁸, ²⁰-²²  
• ↓ fasting glucose and insulin ²⁰, ²³, ²⁴  
• ↑ insulin sensitivity ²⁰, ²³-²⁵  
• ↑ vasodilation ²²  
• ↓ HbA1c in an Australian population with existing T2DM (7.1% to 6.8%); 55% relative risk reduction of developing diabetes ²¹ |
| Reduction in Overall Cancer Incidence      | • Convincing evidence of a reduction in breast cancer specifically and overall cancer incidence or mortality ²⁶  
• Suggestive evidence for a reduction in gastric, pancreatic, liver and head/neck cancer ²⁶ |
| Prevention of Neurodegenerative Diseases   | • Improved cognitive function in cognitively healthy participants, and 13% reduction in Parkinson's and Alzheimer's Disease ²⁷ |
| Prevention of Mood Disorders               | • Reduction in severity of depression in individuals with existing depression ²⁸-²⁹ |
| Reversal of Fatty Liver Disease            | • Reduced liver steatosis and improved insulin sensitivity in an insulin-resistant in individuals with non-alcoholic fatty liver disease, independent of weight loss ³⁰ |
| Prevention of Overweight and Obesity      | • Positive relationship between adherence to Mediterranean Diet and weight management/BMI ³¹-⁴⁴ |