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Olive Leaf Extract has been shown to inhibit the growth of certain bacteria by selectively reducing these bacteria levels.

Olive Leaf Extract has been shown to inhibit the growth of bacterial such as Helicobacter pylori and Campylobacter jejuni, having the potential to regulate the composition of the gastric flora. This research is promising, as it shows the potential of Olive Leaf Extract as a supplement to support the gut microbiome.

See olivewellnessinstitute.org/olive-leaf/olive-leaf-extract
#olivewellness #oliveleaf #naturalmedicine #nature
#gut #microbiome



MANGO BANGO SMOOTHIE

Recipe by Abby Dolphin, Naturopath

INGREDIENTS

1 frozen banana
1 passionfruit
1/2 mango peeled
1/2 cup pineapple
1 tsp chia seeds
1 cup of your choice of milk or water*
Lime or lemon juice
Daily dose of Olive Leaf Extract (liquid)

*Add more or less milk/water depending of preferred consistency

Olive Leaf Extract has a naturally bitter taste due to the high levels of antioxidants. Try this smoothie recipe to try and mask this flavour and help you consume your daily dose of olive leaf.

*This recipe is for general use. Please consult your healthcare professional for specific information about olive leaf extract, and if it is suitable for you. Include the daily dose of your Olive Leaf Extract in this recipe (refer to the product packaging).



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METHOD

Blend all ingredients together until smooth