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Olive Leaf Extract contains Oleuropein – a potent antioxidant which scavenges free radical species in the body.

Every day our bodies are exposed to a variety of toxins and substances that can cause damage. Free radicals are one of the things that can cause daily damage to the body. Antioxidants are substances that can stop the free radicals from causing damage to the body (e.g. they 'mop up' the free radicals). To help reduce the damage caused by free radicals, you can consume natural and powerful antioxidants in the diet (e.g. richly found in some fruits and vegetables and Extra Virgin Olive Oil) and through dietary supplements such as Olive Leaf Extract.

See [olivewellnessinstitute.org/olive-leaf/olive-leaf-extract](https://www.olivewellnessinstitute.org/olive-leaf/olive-leaf-extract)

#olivewellness #oliveleaf #naturalmedicine #nature



SPINBERRY SMOOTHIE

Recipe by Abby Dolphin, Naturopath

INGREDIENTS

- 1 frozen banana
- 1 teaspoon coconut sugar
- 1 handful frozen or fresh berries
- Half a teaspoon cinnamon
- 1 handful spinach leaves
- 1 cup of your choice of milk*
- Daily dose of Olive Leaf Extract (liquid)

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

METHOD

Blend all ingredients together until smooth

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).



Olive Wellness
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