

OLIVE LEAF DRY EXTRACT

(Olea europaea L.)

BOTANICAL DESCRIPTION:

Dried cut leaf of *Olea europaea* L.

Accurate selection and identification of Olive leaf according to current monograph of European Pharmacopoeia "1878: Olive leaf".



EXTRACT INFORMATION:

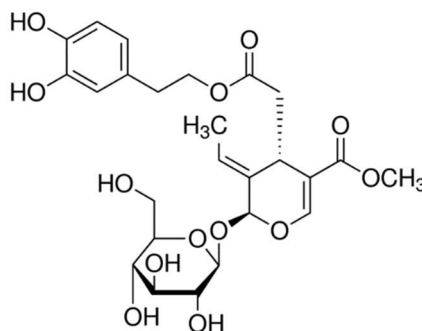
OLIVE DRY EXTRACT is obtained from leaves of *Olea europaea* L. by hydroalcoholic extraction.

INCI Name: OLIVE LEAF DRY EXTRACT

CAS: 8001-25-0 / 84012-27-1

EINECS: 232-277-0

ANALYTICAL MARKER: Oleuropein



Select Botanicals Extracts comply with the requirements of any relevant monograph in the European Pharmacopoeia and/or European Directives applicable to the end use of the extract.

Select Botanical, S.L. manufactures Highest Quality Extracts following strictest Quality Management System in compliance with the "Good Manufacturing Practices" (GMP) requirements, carrying on the last manufacturing steps in classified areas (Clean Rooms).

PHYTOTHERAPY INDICATIONS:

- Traditional herbal medicinal product used to promote the renal elimination of water, in mild cases of water retention.⁽⁹⁾
- Indicated for the prevention of atherosclerosis and against hypertension.
- Used as hypoglycaemic and hypocholesterolaemic.⁽¹⁰⁾

- Antioxidant^(4,6,7,10)
- Hypocholesterolaemic^(5,10)
- Diuretic⁽¹⁰⁾
- Hypoglycaemic^(1,10)
- Anti-hypertensive^(1,10)
- Anti-inflammatory^(1,10)
- Cardioprotective^(1,10)

ACTIVITIES AND PHARMACOLOGICAL STUDIES:

- **Antioxidant activity:** Oleuropein and hydroxytyrosol are known to possess several biological properties, many of which may be related, partially at least, to their antioxidant and free radical-scavenger ability. ⁽¹⁰⁾ Oleuropein is therefore able to strongly reduce the action of UV rays on the skin, which is the main cause of the skin ageing and wrinkles. ⁽⁷⁾
- **Cardiovascular system effects:** studies have shown that oleuropein possesses a wide range of pharmacologic and health promoting properties including antiarrhythmic, cardio-protective, hypotensive, and anti-inflammatory effects. ⁽¹⁰⁾
- **Hypoglycaemic activity:** oleuropein leaf accelerates the intake of glucose to the cell. An ethanolic extract from olive leaves inhibited α -amylase. ⁽¹⁰⁾
- **Hypocholesterolemic activity:** Hypocholesterolaemic effect of oleuropein, oleuropein aglycone, and hydroxytyrosol rich extracts might be due their abilities to lower serum TC, TG, and LDL-C levels as well as slowing the lipid peroxidation process and enhancing antioxidant enzyme activity. ⁽¹⁰⁾

DOSAGE AND ADMINISTRATION:

Dosage and administration:

Oral use:

Recommended dosage and administration for traditional used are indicated in European Union herbal monograph on *Olea Europaea* L., folium **EMA/HMPC/359238/ 2016**

Topical use:

Olive extracts may be found formulated in creams, emulsions, and ointment, among others as perfuming and skin conditioning.

Undesirable effects:

There are no reported toxic effects or intolerance phenomenon to normal use doses. ^(1,2)

Precautions/Contraindications:

If symptoms of organic heart disease or hypertension occur, or symptoms worsen during the use of the medicinal product, a medical doctor or a qualified health care practitioner should be consulted. ⁽⁹⁾

Due to lack of data, the use in children and adolescents under 18 years is not recommended. ⁽⁹⁾

BIBLIOGRAPHY AND OTHER REFERENCE SOURCES:

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2. Blumenthal. The Complete German Commission E Monographs. Therapeutic Guide to Herbal Medicines. American Botanical Council. Austin, Texas 1998.
3. Zarzuelo, A., Duarte, J., Jiménez, J., Gonzalez, M., Utrilla, MP. " Vasodilator effect of olive leaf ". Department of Pharmacology, School of Pharmacy, University of Granada. Spain. *Planta Med.* 1991.
4. Guedon, D. Bernard le Totuor. "Antioxidative activities of *Olea Europaea* leaves and related phenolic compounds". *Phytochemistry*, Vol.31. Nº 4, pp 1173-1178. 1992.
5. De Pasquale, R., Monforte, M.T., Trozzi, A., Raccuia, A. "Effects of leaves and shoots of *Olea europaea* L. and oleuropein on experimental hypercholesterolemia in rat". *Pharmaco-Biological Department, School of Pharmacy, Messina.*
6. Visioli, F. Galli, C. "Oleuropein protects low density lipoprotein from oxidation" *Life Sciences*, Vol.55, Nº 24, pp 1965-1971, 1994.
7. Fedeli, E. "The antiradicalic property of the extracts from *Olea Europaea* leaves". *COSNDG*, 120, May/June (218-220).
8. Monografía OLIVO. *Fitomedica. Plantas Medicinales y Salud Natural.* Nº 15. 1998.
9. European Union herbal monograph on *Olea europaea* L., folium EMA/HMPC/359238/2016
10. Assessment report on *Olea europaea* L., folium EMA/HMPC/359236/2016

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