

Can't eat right?

Take this 'healthy-diet' pill

instead!



Brand-new research shows that this calorie-free olive oil extract could slash your risk of cancer, heart disease and more—even better than a healthy diet can!

gest it can slash your risk of heart disease in half.

Super protection against cancer

Researchers have estimated that 25% of colorectal cancers, 15% of breast cancers and 10% of pancreatic and endometrial cancers could be prevented simply by switching to a Mediterranean-style diet rich in olive oil. "Olive oil is loaded with polyphenols, natural plant compounds that shield body cells from carcinogens, and strengthen the immune system's ability to destroy precancerous cells," explains Crea.

But Olivenol can give you even greater protection, since it contains at least 300 times more polyphenols than olive oil itself. In fact, Italian laboratory studies show that Olivenol's polyphenols almost instantly cut the growth of cancer cells by 50%!

Lasting arthritis relief

An incredible 50 million Americans struggle with some form of arthritis, and experts say cellular inflammation is at least partly to blame for painful flare-ups. Olivenol to the rescue: brand-new research shows that hydroxytyrosol is a potent anti-inflammatory that can reduce joint inflammation, swelling and pain as much as 56% in 12 weeks.

—Caitlin Castro

The health benefits of a Mediterranean diet have been known for years. Numerous studies have shown that people who eat lots of fish, whole grains, fruits and vegetables have up to a 70% lower risk of cardiovascular disasters like heart attack, a significantly lower risk of many cancers and are less likely to develop diabetes or arthritis as they age.

And now there may be an even easier way to reap these rewards than changing your diet. "Research has shown that olive oil—a Mediterranean staple—plays a critical role in delivering these health benefits," says nutritional biochemist Roberto Crea, Ph.D. "And now you can get olive oil's protection without the added calories or fat—in a supplement called Olivenol."

Olivenol is made by extracting the nutrients from Mediterranean olives, and studies show it contains 500 times more antioxidant power than even extra virgin olive oil. Scientists say that makes it one of the most powerful health-protecting,

age-stopping supplements on the market today. Here's what it can give you:

Lower cholesterol and better heart function

Preliminary research suggested that daily doses of olive oil could cut our bodies' absorption of artery-clogging cholesterol by as much as 50%. But Olivenol does more than that; studies

have revealed that its key antioxidant, hydroxytyrosol, controls cholesterol six times more effectively than even olive oil does.

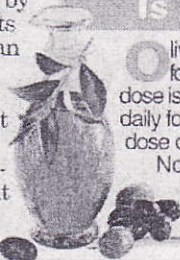
"Olivenol's powerful antioxidants also prevent free radical damage to the arteries, and that slows the buildup of plaque," adds neurologist and clinical researcher Dawn McGuire, M.D. All told, studies sug-

It can ease joint pain 56%!

Is Olivenol safe for you?

Olivenol is available—in capsule, tablet or liquid form—at large health-food chains. The study-proven dose is two capsules or tablets, or 20 drops of the oil twice daily for at least two months. Then you can cut back to a dose of 10 drops or one capsule or tablet daily.

No side effects have been reported for Olivenol, but, as always, check with your doctor before you begin taking any supplement.



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