

Oligen™

FOR HEART HEALTH

BACKGROUND:

The Mediterranean diet (MD) is a combination of foods rich in antioxidants and anti-inflammatory nutrients with extra-virgin olive oil (EVOO) being a major component. The health beneficial properties of EVOO are largely attributed to phenolic compounds, including phenolic alcohols, hydroxytyrosol and tyrosol, as well as secoiridoids such as oleocanthal (OC), oleacein (OLC), oleuropein and others (1). Oleolive Inc. has patented a scalable process of extraction of these phenols, and we term this mixture Oligen. Cardiovascular disease (CVD) is a major worldwide healthcare problem; it is estimated that 31% of deaths worldwide are due to CVD. The MD is considered one of the healthiest dietary plans in the world and epidemiological studies support the health benefits and importance of EVOO in promoting heart and CV health and reducing the risk of CVD. OLIGEN, enriched in OC and OLC, is positioned to improve heart health through its antioxidant and anti-inflammatory properties.

SUPPORTIVE CLINICAL AND EPIDEMIOLOGICAL DATA:

Epidemiological data support that the MD and phenolic-rich EVOO play a protective role in CV function, a fact which is backed by clinical trials demonstrating that phenolic-rich EVOO lowered oxidized LDL levels and other factors contributing to CVD (reviewed in 1). Thus, the European Food Safety Authority (EFSA - equivalent to the USFDA), in the list of health claims which has been made on foods, and as referred to in Article 13 (3) of Regulation (EC) No 1924/2006, states "olive oil polyphenols contribute to the protection of blood lipids from oxidative stress.". This claim can only be made for EVOO that has at least 250 mg of phenolic compounds per liter. The table below summarizes some of the positive impacts OLIGEN-rich EVOO has on functions contributing to heart and CV health (2-12). The positive impact of OC/OLC enriched EVOO includes decreases in blood pressure, platelet aggregation, oxidized LDL, cholesterol and overall CV risk, while increasing the HDL/cholesterol ratio. Additional clinical trials are being planned or are already underway. In fact, a recent publication from Harvard concluded that consumption of at least one tablespoon a day of high phenolic EVOO led to a 19% reduction in CV related deaths (15). Daily consumption of encapsulated Oligen powder is predicted to promote CV health and longevity.

SUPPORTIVE PRECLINICAL DATA:

A wealth of publications testing EVOO or the oleocanthal, the main component of Oligen, in various animal models and cell culture support the role of phenolics like Oligen in maintaining a healthy CV system (reviewed in 13, 14).

TAKE HOME MESSAGE:

The MD is considered one of the healthiest dietary plans in the world, and epidemiological studies support the health benefits and importance of EVOO in promoting a healthy heart and CV system. Oligen, extracted from EVOO now formulated in a powder form, is a mixture of phenolics and secoiridoids enriched in OC and OLC, and is poised to be a key ingredient in dietary supplements promoting healthy aging.

Measurement	Result	Reference
Systolic Blood Pressure	↓ 4.2 mm Hg	2
	↓ 6.1 mm Hg	3
Diastolic Blood Pressure	↓ 2.1 mm Hg	2
	↓ 5.2 mm Hg	3
Platelet Aggregation	↓ 25%	4
Cholesterol	↓ 6.9 mg/dL	2
HDL	↑ .81 mg/dL	5
	↑ 1.0 mg/dL	6
	↑ 5.0 mg/dL	7
	↑ 3.8 mg/dL	9
LDL	↓ 6.6 mg/dL	2
Cardiovascular Risk	↓ 38%	10
	↓ 48%	11
Oxidized LDL	↓ 3.2 U/L	5
	↓ 1.8 mg/dL	7
	↓ 7.1 U/L	2
Triglycerides	↓ .9 mg/dL	5

REFERENCES:

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.