

Louianna Olive Oil

What is it?

Olive oil is pure organic obtained from pressed fresh whole olives and is produced mainly in the Mediterranean region. Olive oil is rich in monounsaturated fatty acids that are a healthy dietary fat in comparison to saturated and trans fats (1-2). In addition, olive oil has powerful antioxidant and anti-inflammatory properties (3).

Application

Olive oil can be used both as a cooking and salad oil, and can also be applied directly to skin.

Uses

Olive oil has been consumed and applied directly to the skin for centuries. Olive oil is rich in monounsaturated fats and has anti-inflammatory properties. Due to this, olive oil is used to prevent and treat cardiovascular diseases, cancers, and arthritis (1,2,4,5). In addition, the use of olive oil as the main source of fat has been shown to reduce the occurrence of diabetes (6) and reduce the risk of Alzheimer's disease and depression (7,8). The powerful antioxidant properties of olive oil are beneficial to fight free radicals to prevent cellular damage (3). The high linoleic acid content in olive oil makes it an efficient moisturizer for skin and treatment for skin inflammation (9).

Olive oil has been used to treat and prevent a range of conditions:

- Heart disease
- High blood pressure
- Stroke
- High cholesterol
- Diabetes
- Cancer
- Arthritis
- Constipation
- Weight loss
- Alzheimer's disease
- Depression
- Headaches
- Increase elasticity of skin
- Moisturizing skin
- Skin blemishes
- Skin inflammation
- Dry scalp
- Split hair ends

Ingredients

Labofine (Laval, Quebec) carried out the product analysis in June 2015.

Name	Results
Alpha-Lipoic Acid	1 mg/100mg
Dimethylaminoethanol	40 mcg/100g
Polyphenols	220 mg/kg
Phytosterols	221 mg/100g
Polyenylphotidlycholine	0.3 mg/100g
Vitamin E	14.8 mg/100g
Vitamin K	60.1 mcg/100g
Vitamin A	0 mg/100g
Vitamin C	0 mg/100g
Vitamin D	0 mg/100g

Benefits by ingredients

Alpha-Lipoic Acid

Alpha-lipoic acid is an antioxidant that neutralizes free radicals and prevents cellular damage. It also functions to restore the levels of vitamin C and E. Alpha-lipoic acid is used for the treatment of diabetes, chronic fatigue, HIV, cancer, neurodegeneration, Lyme disease, and glaucoma (10).

Dimethylaminoethanol

Dimethylaminoethanol is an organic compound with anti-ageing benefits. Dimethylaminoethanol helps to firm and tighten the skin, which can give skin a more defined and youthful appearance.

Polyphenols

Polyphenols are natural phytochemical compounds with beneficial antioxidant effects. The most common phenol found in olive oil is oleocanthal that helps to lower the risk of Alzheimer's disease (7), and control metastatic breast and prostate cancers (11). Furthermore, oleocanthal has strong anti-inflammatory activity that is similar to ibuprofen (12).

Phytosterols

Phytosterols are plant sterols that are similar to cholesterol. A diet rich in phytosterols reduces the risk of cardiovascular diseases, since it reduces the absorption of cholesterol.

Vitamin E

Vitamin E has a high content of antioxidants and is beneficial in treating and preventing heart disease, diabetes, cancer, respiratory infections, chronic fatigue, memory loss, and premenstrual discomfort. In addition, vitamin E is very powerful in improving the condition of your skin by lightening stretch marks, boosting collagen production, and preventing wrinkles.

Vitamin K

Vitamin K plays a major role in blood clotting and is used to prevent blood thinning. It can also be applied to the skin to remove scars, stretch marks, and spider veins.

Aisha Shamas-Din, PhD
Scientific and Medical Writer
Princess Margaret Cancer Centre
University Health Network

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