

Octacosanol

Octacosanol is a naturally derived wheat germ oil concentrate. (Although it would be possible to extract octacosanol from whole wheat, 10 pounds of wheat would be needed to obtain just 1,000 micrograms of octacosanol.) Wheat germ has long been known for its many benefits. Today, extracts of wheat germ weighing only 2 milligrams offer remarkable benefits as well.

Octacosanol has been clinically proven to increase oxygen utilization during exercise and improve glycogen stores in muscle tissue. As a result, it increases physical endurance, improves reaction time, reduces high-altitude stress, and aids in tissue oxygenation. This substance can greatly benefit those who experience muscle pain after exercise or have a lowered endurance level. It is good for muscular dystrophies and other neuromuscular disorders as well. It also reduces blood cholesterol levels.

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Olive Leaf Extract

Olive leaf extract is an herbal supplement that has been shown to be effective against virtually all the viruses and bacteria on which it has been tested. Laboratory studies suggest that olive leaf extract interferes with viral infection becoming established and/or spreading, either by rendering viruses incapable of infecting cells or by preventing them from reproducing. It has been shown to help protect against infection by such viruses as human immunodeficiency virus (HIV), herpesviruses, and influenza viruses. It is useful for such disorders as pneumonia, sore throat, sinusitis, and skin diseases such as chronic infections and rashes, as well as for fungal and bacterial infections. Olivir from DaVinci Laboratories is a good source of olive leaf extract that has been tested in clinical trials.

Olive leaf (*Olea europaea*)

PARTS USED Extract from leaves.

PHYTOCHEMICAL AND NUTRIENT CONTENT Phytochemicals: Apigenin, beta-sitosterol glucoside, cinchonidine, esculetin, kaempferol, luteolin, mannitol, maslinic acid, oleanic acid, oleuropein, quercetin, rutin, tannins. Nutrients: Calcium.

ACTIONS AND USES Fights all types of bacteria, viruses, fungi, and parasites. Helps stave off colds and flu. May have antioxidant properties. Has shown potential for lowering high blood pressure. Good for virtually any infectious disease, as well as for chronic fatigue syndrome, diarrheal diseases, inflammatory arthritis, and psoriasis.