

OLIVES HELP YOUR HEART

GREECE



UNIVERSITY RESEARCHERS are claiming that dietary supplementation with the olive extract oleuropein could improve blood flow and decrease heart-attack risk.

The scientists gave rabbits with coronary ischaemia daily doses of 10 or 20 milligrams of oleuropein per kilogram of body weight. They were also placed on a normal or high cholesterol diet. After three weeks, their risk of heart attack was reduced to 16.1 per cent, compared to 48 per cent in the control group.

“Oleuropein reduced the infarct [area of dead tissue] size, conferred strong antioxidant protection and cut the circulating lipids,” reports lead study author Ioanna Andreadou, of the University of Athens.

