

# **A 5-Point Olive Oil Framework for Preventative Health and Longevity**

A guide to high-polyphenol extra virgin olive oil in preventative health practice.

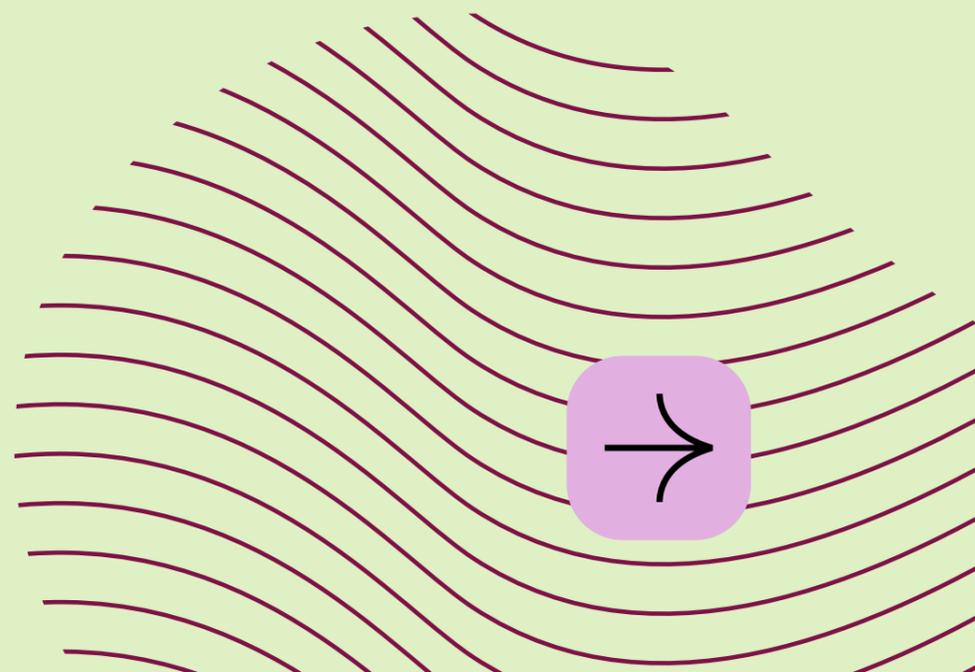
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# The Dalmatia Oil 5-Point Longer Life Healthcare Model

Olive oil is more than food – it's daily healthcare. Science shows its antioxidants and polyphenols protect your cells, slow ageing, and defend against serious disease.

This guide explores how high-polyphenol extra virgin olive oil (EVOO) fits into evidence-based preventative practice, drawing on the latest research and our commitment to producing oils with verified polyphenol content of 600-1500mg/kg.



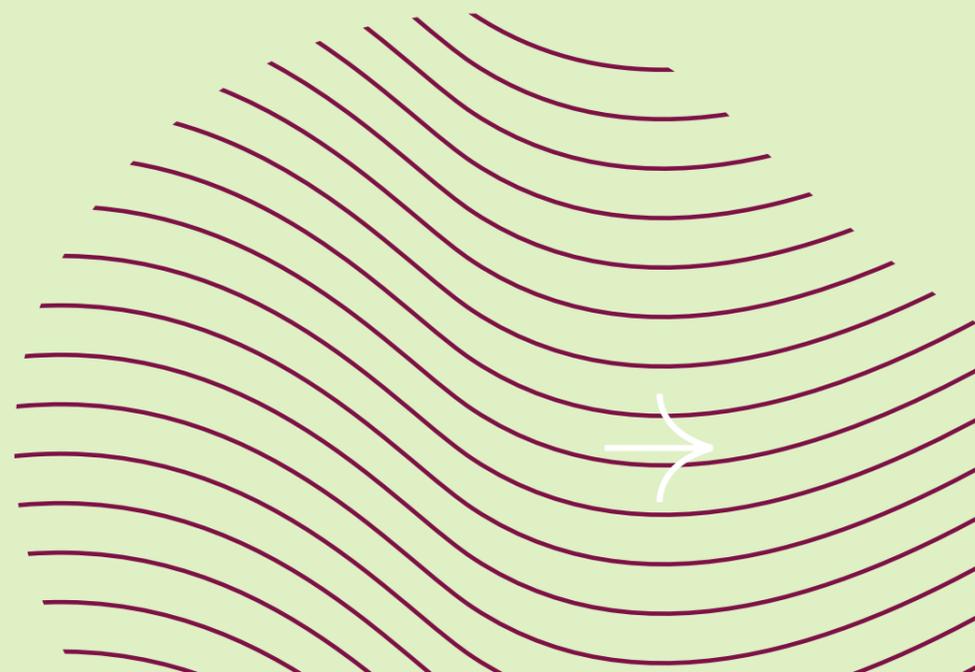
# ***Point 1 - Free Radicals Harm The Bodies Cells***

Free radicals are unstable molecules that attack your DNA and cells. They drive ageing, inflammation, heart disease, cancer, and neurodegeneration.

Every day, your body faces oxidative stress from:

- Environmental pollutants and toxins
- UV radiation and sun exposure
- Processed foods and inflammatory oils
- Metabolic processes and cellular respiration
- Chronic stress and poor sleep

Without adequate antioxidant protection, free radical damage accumulates, accelerating cellular ageing and increasing disease risk.



## ***Point 2 - Antioxidants Neutralise Free Radicals***

Antioxidants are your body's defense system. They neutralise free radicals, shield your DNA, and help prevent disease.

While your body produces some antioxidants naturally, dietary sources are essential for optimal protection. The most powerful dietary antioxidants come from:

- Polyphenol-rich extra virgin olive oil
- Colorful vegetables and berries
- Herbs and spices
- Green tea and dark chocolate
- Nuts and seeds

The key is consistent, daily intake of high-quality antioxidant sources.



## ***Point 3 - Polyphenols in Olive Oil are Powerful Antioxidants***

Of 2,000 plant polyphenols, olive oil polyphenols – particularly hydroxytyrosol and oleocanthal – are among the most potent. They protect heart, brain, skin, and lower cancer risk.

Key polyphenols in high-quality EVOO:

- Hydroxytyrosol – One of nature's most powerful antioxidants, with exceptional cellular protection and anti-inflammatory properties. Research shows it protects cardiovascular health and supports healthy ageing.
- Oleocanthal – The compound responsible for the peppery "throat catch" in quality olive oil. Studies demonstrate it has natural anti-inflammatory effects similar to ibuprofen, without the side effects.
- Oleuropein – Supports cardiovascular health, helps regulate blood pressure, and provides antimicrobial benefits.
- Tyrosol – Works synergistically with hydroxytyrosol to protect cells from oxidative damage.

The EU Health Claim (432/2012) recognizes that olive oil polyphenols contribute to the protection of blood lipids from oxidative stress – but only at levels of 250mg/kg or higher. Our oils deliver 600-1500mg/kg, providing 2.4-6x the minimum threshold.



## ***Point 4 - Polyphenols are Highest at Early Harvest***

Polyphenol content peaks at early fruit development stages. Early-harvest oil delivers maximum antioxidant power.

The Harvest Timing Trade-Off:

Early Harvest (October – Green Olives):

- Maximum polyphenols: 1000-1500mg/kg
- Intense health benefits
- Robust, peppery flavor
- 30-40% lower yield
- Higher cost

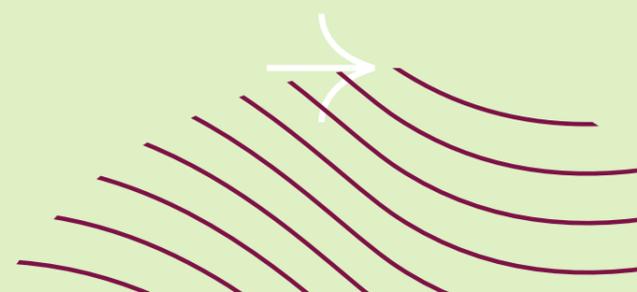
Late Harvest (December-January – Ripe Olives):

- Minimal polyphenols: 50-200mg/kg
- Maximum yield
- Mild, buttery flavor
- Lower cost
- Minimal health benefits

As olives ripen, enzymes break down polyphenols, oxidation increases, and trees shift from defense compounds to oil production. Polyphenol content drops 50-70% between early and late harvest.

Most producers choose late harvest to maximize profit. We choose early harvest to maximize your health.

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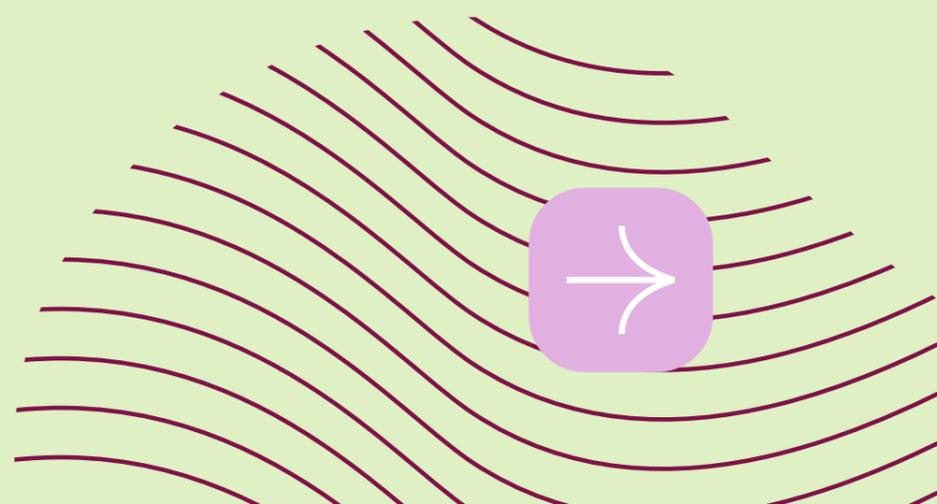
## ***Point 5 - Strong Taste = High Polyphenols***

Polyphenols have a strong taste that's easy to recognize. The bitter, peppery kick in real extra virgin olive oil is proof of high polyphenol content. Healthy taste = healthy oil.

Sensory markers of high-polyphenol EVOO:

- Intense peppery sensation – The "throat catch" or cough is oleocanthal at work
- Pleasant bitterness – Not a defect, but a sign of polyphenol richness
- Grassy, herbaceous notes – Fresh-cut grass, green tomato, artichoke
- Complex, layered flavor – Multiple taste dimensions that evolve
- Robust character – Powerful, not mild or one-dimensional

If your olive oil is mild, smooth, and buttery with no pepper or bitterness, it's likely late harvest with minimal polyphenol content (50-200mg/kg). While pleasant, it offers little health benefit beyond basic monounsaturated fats.



# The Science: High-Polyphenol EVOO in Preventative Health

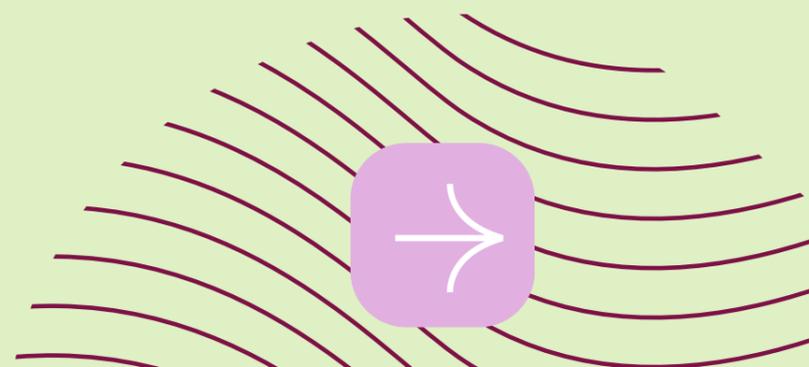
High-polyphenol extra virgin olive oil provides evidence-based health benefits across multiple systems:

## **Cardiovascular Protection:**

Research demonstrates that high-polyphenol EVOO protects LDL cholesterol from oxidation, reduces inflammation markers (CRP, IL-6), improves endothelial function, and helps regulate blood pressure. The landmark PREDIMED study found that a Mediterranean diet with EVOO reduced cardiovascular events by 30% compared to low-fat diets.

## **Cellular Protection & Longevity:**

Polyphenols activate pathways associated with healthy aging—reducing oxidative stress, supporting mitochondrial function, activating autophagy (cellular cleanup), and protecting DNA from damage. Populations consuming traditional Mediterranean diets show markers of slower biological aging.



## **Neuroprotection and Cognitive Health**

Emerging research shows that olive oil polyphenols cross the blood-brain barrier and provide neuroprotective benefits:

- Reduce neuroinflammation
- Protect against oxidative damage in brain cells
- Support healthy cognitive function
- May reduce risk of neurodegenerative conditions

Oleocanthal, in particular, has been studied for its potential to support brain health and cognitive function as we age.

## **Anti-Inflammatory Benefits**

Chronic low-grade inflammation is a driver of most age-related diseases. High-polyphenol EVOO provides natural anti-inflammatory support:

- Oleocanthal inhibits inflammatory enzymes (COX-1 and COX-2)
- Reduces inflammatory markers throughout the body
- Supports healthy immune function
- May help manage inflammatory conditions

Research suggests that 50ml (3-4 tablespoons) of high-polyphenol EVOO daily provides anti-inflammatory effects comparable to low-dose ibuprofen, without the side effects.

