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Finland's heart health experiment

1 message

OlvLimits <hi@olvlimits.com>

Sun, Feb 15, 2026 at 11:00 AM

To: oushesh@gmail.com



We are just an olive oil company, but it's part of our mission to contribute to people's heart health.

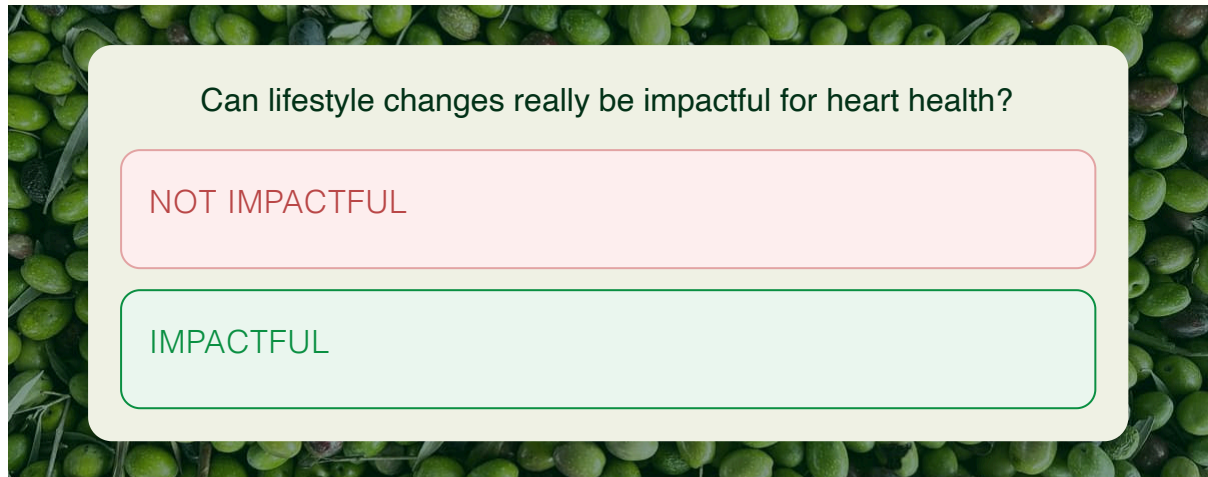
On one hand, by sharing olive oil high in polyphenols (aka healthy antioxidants), but also through education.

And as February is Heart Health Month, we wanted to share a fascinating study that shows what lifestyle changes can do for cardiovascular health.

And no — this is not just about olive oil.

This is about lifestyle change in the broadest sense.

So, what do you think:



Can lifestyle changes really be impactful for heart health?

NOT IMPACTFUL

IMPACTFUL

The North Karelia Project

In the 1970s, Finland had one of the highest heart disease death rates in the world.

To counter this, Finland started a nationwide program that promoted lifestyle changes, including:

- Reducing saturated fat intake
- Promoting fruits and vegetables
- Reducing smoking
- Public education about cardiovascular risk

Over the following decades, these preventive measures transformed national health:

- Heart disease deaths fell by about 82%.
- Life expectancy increased by roughly seven years.



💡 What does this mean?

It remains one of the most successful examples in history of how lifestyle changes can redefine a nation's health.

More importantly, it's a reminder:

Good food and consistent lifestyle habits matter.

Cheating now and then is totally fine.

But the science is clear: lifestyle plays a decisive role in long-term health — regular movement, strong social connections, and a diet mostly based on whole foods matter.

As said before, February is Heart Health Month, so this month we will share more educational information about heart health.

We also want to make this clear: olive oil is not a magic cure for heart health. It is one part of a larger whole.

But if you are choosing olive oil with your heart in mind, science suggests that polyphenol-rich olive oil matters. These compounds are linked to many of olive oil's documented health benefits, including supporting healthy cholesterol levels.

Our “Green Machine” contains up to 700% more polyphenols than an average olive oil and is specifically designed for a healthy heart.



Green Machine Bag-in-Tube

Shop now

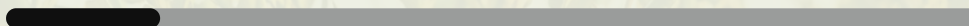


Green Machine

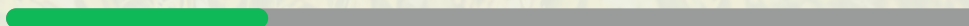
Shop now

Polyphenol Content Harvest 25/26

Average olive oil · ~200 mg/kg

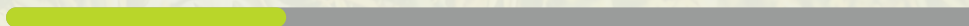


Green Queen · ~371 mg/kg

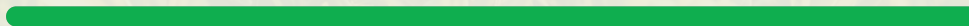


Yellow Mellow · ~

Waiting for Results, around 400mg/kg



Green Machine · 1378 mg/kg



Note: values are based on independent lab analysis. Natural variation occurs per harvest.

Get Healthy Olive Oil →



Our customers say **Excellent**



Trustscore **4.8** out of 5

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OlvLimits

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