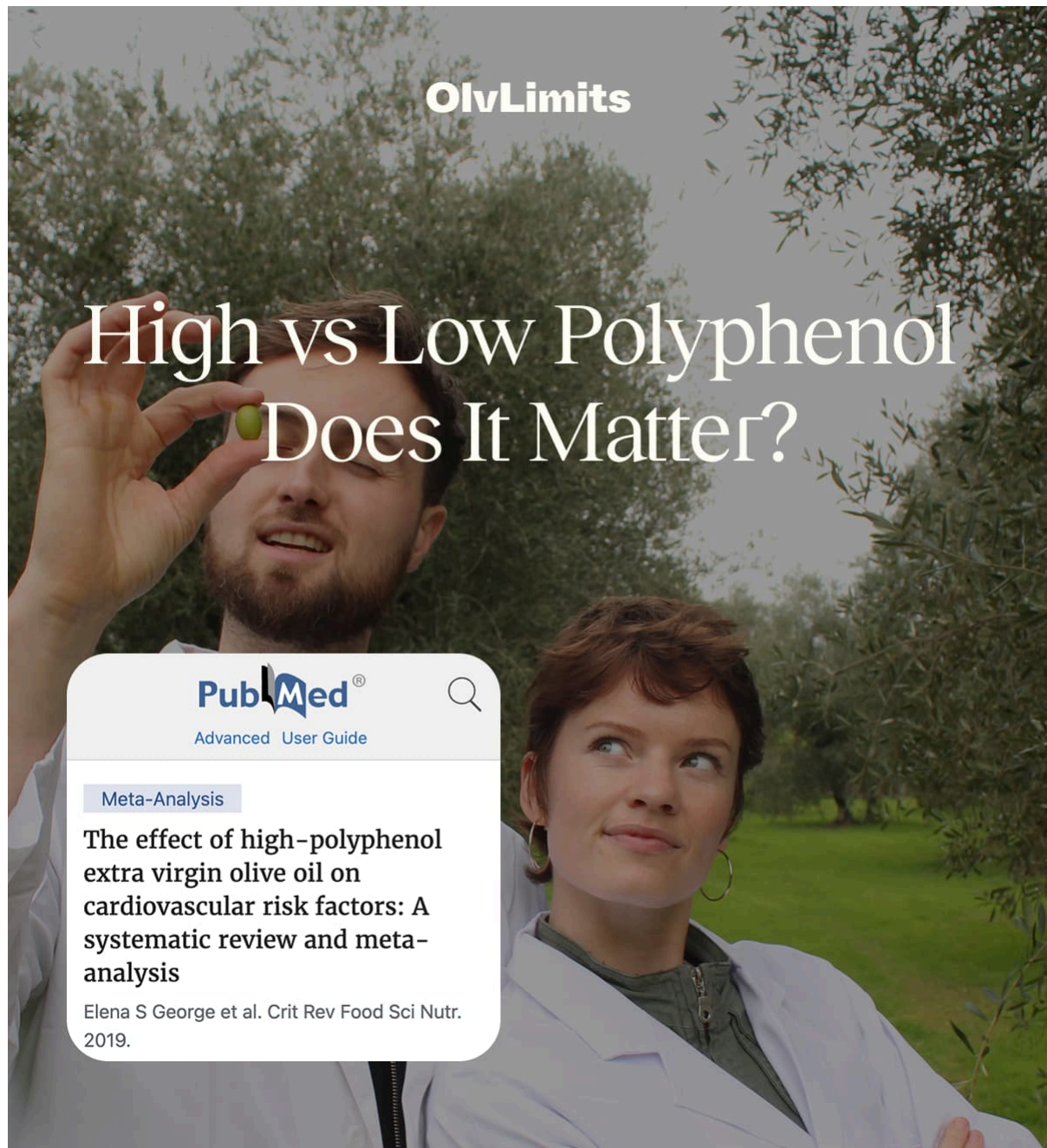


High vs. Low Polyphenols: What 26 Studies Say

From OlvLimits <hi@olvlimits.com>

Date Sun 25 Jan 2026 11:17

To Oushesh Haradhun <Oushesh.Haradhun@mpxm.de>



In this email, we're diving into the question:

Is there a real **health** difference between **high-** and **low-polyphenol** olive oil?

Does it change anything in your body — like cholesterol, blood pressure, or oxidative stress?

Or is “polyphenols” just another label buzzword?

What do you think:

Myth or Fact?

MYTH

All extra virgin olive oil is equally healthy.

FACT

The health benefits depend largely on polyphenols, not on the oil alone.

What Did They Research?

A 2019 [study](#) reviewed 26 human studies comparing the health effects of high- vs. low-polyphenol olive oil.

Researchers looked at health markers like cholesterol, inflammation, and oxidative stress.

Participants in the studies consumed about 2 to 3.5 tablespoons of olive oil per day. The main difference between the oils was their polyphenol levels.

What Were the Results?

Health marker	High-polyphenol EVOO	Low-polyphenol oil
Total cholesterol	↓ ~4.5 mg/dL ✓ Improved	No significant change
HDL (“Good”) cholesterol	↑ ~2.4 mg/dL ✓ Improved	Minimal change

LDL ("Bad") cholesterol	↓ ~5.3 mg/dL ✓ Improved	No effect
Oxidized LDL	Noticeably reduced ✓ Less oxidation	Little or no change
Oxidative stress	Lower markers ✓ Antioxidant effect	Higher markers
Inflammation (e.g. CRP)	Sometimes reduced — Mixed	Mixed results
Blood pressure	Slight drop (–2 to –3 mmHg) — Modest	No change

💡 What Does This Mean?

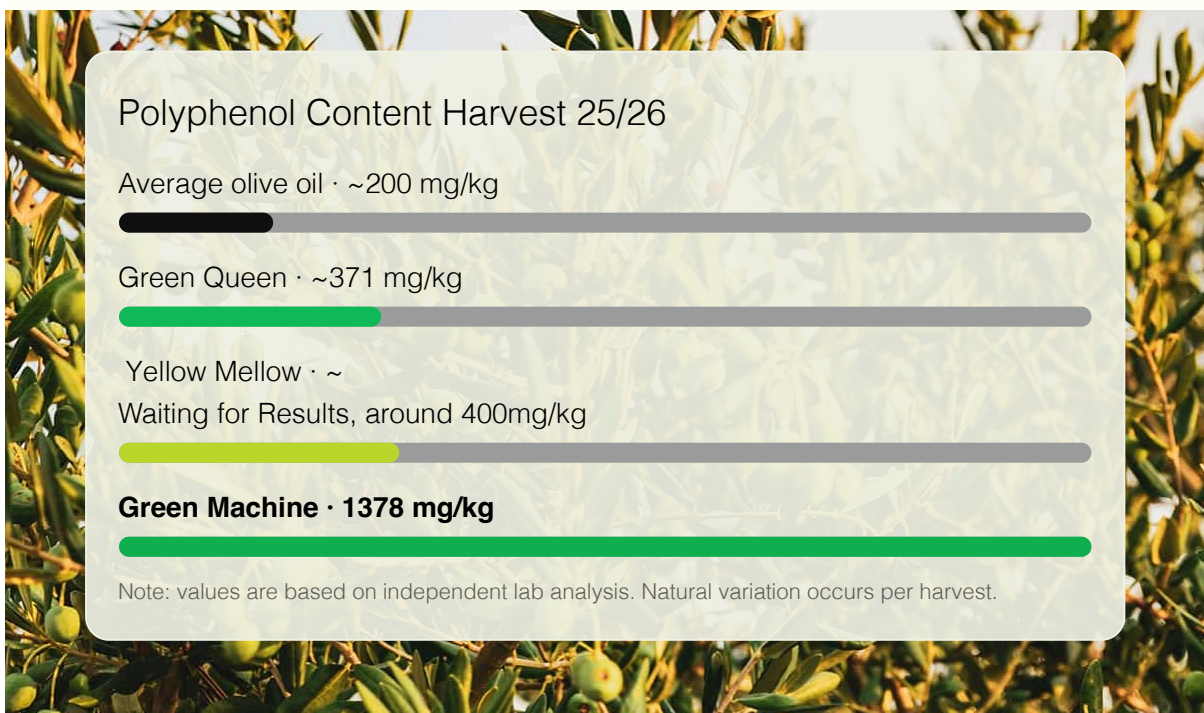
This study, of course, doesn't mean that this is the absolute truth — but research like this suggests that polyphenols in olive oil likely benefit your health, especially your **heart health**.

More importantly, it's a reminder: **good food matters**.

Cheating now and then? Totally fine.

But long-term balance comes from mostly eating real, whole foods.

Think: veggies, legumes, fruits, and really nutritious olive oil.



If you're interested in olive oil for health, you can checkout our "Green Machine": it contains up to **700% more polyphenols** than an average olive oil.

To start the new year right, we're running a New Year sale where you can get up to **10% extra off** subscriptions (**up to 20% total**) by using the code below at checkout 📌

FRESH-2026

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