

---

**RE: This Is the #1 Food in a €2M Longevity Plan**

---

**From** Oushesh Haradhun <Oushesh.Haradhun@mpxm.de>

**Date** Sat 17 Jan 2026 19:53

**To** OlvLimits <hi@olvlimits.com>



**Oushesh Haradhun reacted to your message:**

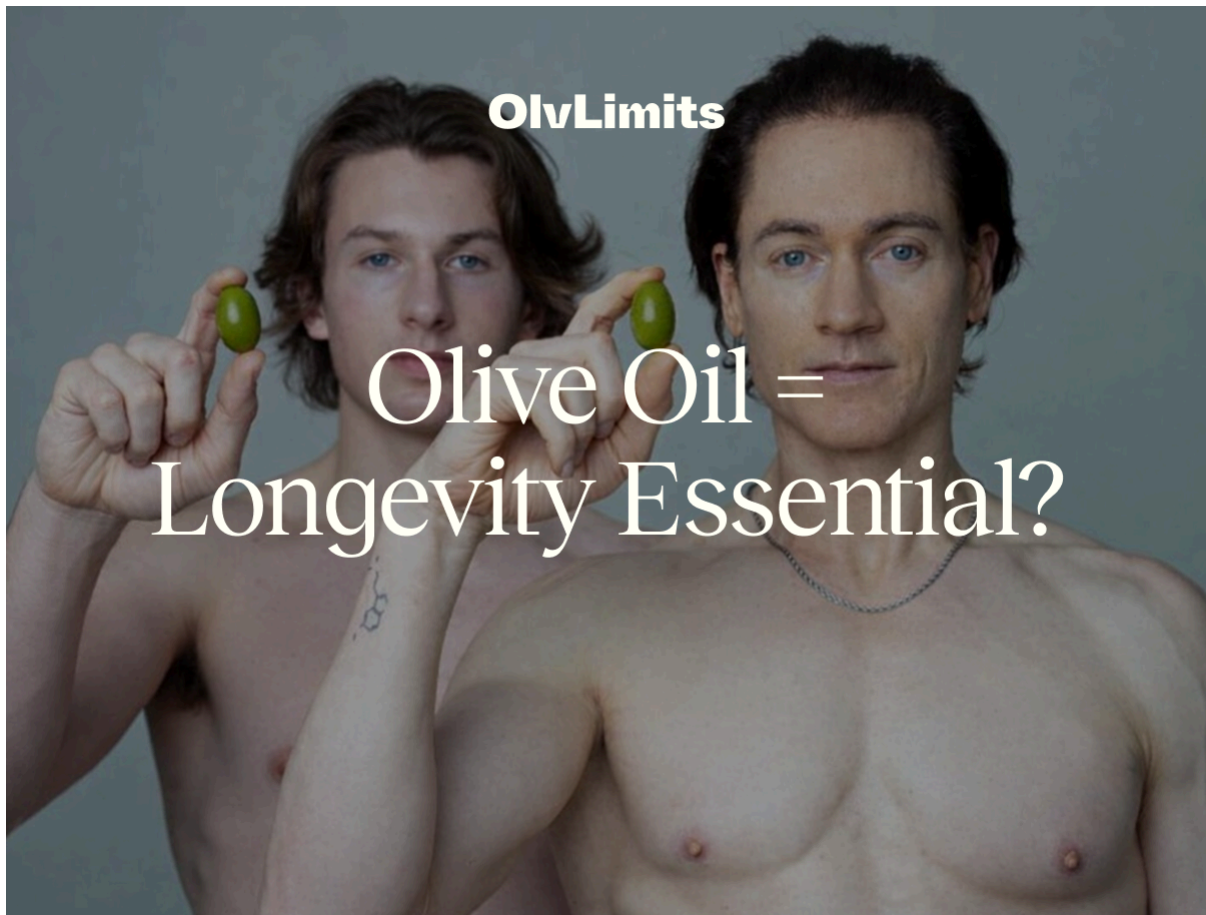
---

**From:** OlvLimits <hi@olvlimits.com>

**Sent:** Monday, January 12, 2026 7:27:05 PM

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

**Subject:** This Is the #1 Food in a €2M Longevity Plan



Imagine being so rich you can spend over €2 million a year on your health, with one goal: to live as long as possible.

Meet Bryan Johnson, a millionaire longevity enthusiast working with a team of 30 doctors to reverse his biological age.

His daily protocol is considered a bit extreme by many: sleep tracking, organ monitoring, advanced therapies, custom supplements, and highly optimized nutrition.

But the results are impressive. So far, **he's reduced his biological age by over 5 years.**

Of all the things he consumes in a day, his #1 food for longevity is...

Extra virgin olive oil (EVOO).



**Bryan Johnson**

bryan\_johnson

Premium Extra Virgin Olive Oil is more powerful than resveratrol, NR, cold plunge, sauna and your favorite podcast.

I consume 1 Tbsp (15 mL) w/ each daily meal.

Buy it from me or source it yourself. I don't care. Your body will thank you.

9:10 PM · Nov 3, 2023

## Why olive oil?

Every food Bryan Johnson eats is not chosen for taste, but for its measurable impact on longevity.

On a daily basis, he consumes three tablespoons of premium extra virgin olive oil (around 20% of his calorie intake), because a large body of research links EVOO to several health benefits:



### BACKED BY SCIENCE



Cardiovascular health — can support healthy cholesterol<sup>128</sup>, reduce blood pressure<sup>1234</sup>, and protect arteries<sup>2</sup>



Brain health — can support cognitive health<sup>56</sup> and the blood-brain barrier<sup>5</sup>



Cellular defense — can help reduce oxidative stress<sup>78</sup> and support antioxidant activity<sup>7</sup>

**Bryan Johnson**

bryan\_johnson


Extra virgin olive oil, 1 Tbsp with every meal

2:55 PM · Nov 4, 2023

## Choose olive oil high in polyphenols

Bryan Johnson's olive oil must meet strict quality markers, verified through third-party laboratory testing, to be as nutritious as possible.

The most important marker to look for when choosing olive oil for your health is polyphenols (aka healthy antioxidants).

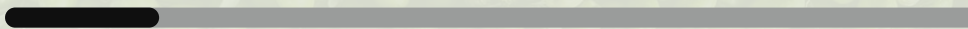
The amount of polyphenols can be measured, and if it's above 250mg/kg, the EU  allows you to put a health claim on your bottle.

The only problem, studies suggest that 90% of the olive oil don't meet this requirement.

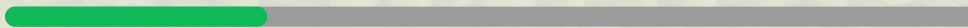
So, if you are using olive oil for your health, just like Bryan Johnson, make sure its polyphenol content is verified by a third-party laboratory test.

### Polyphenol Content Harvest 25/26

Average olive oil · ~200 mg/kg

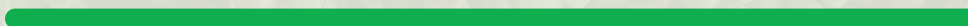


Green Queen · ~371 mg/kg



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.

If you're interested in olive oil for health, you can checkout **our ultra-high polyphenol olive oil "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**

Get Healthy Oil →



Green Machine Bag-in-Tube

Shop now



Green Machine

Shop now

### Olive Oil You Can *Trust*



Rated 4.8/5 on ★ Trustpilot



Thousands of customers in 25+ countries



Lab-tested for quality & polyphenol content



Not satisfied? 100% money-back guarantee

Get Olive Oil →

### Study References

1. Schwingshackl, L. et al. (2019). *Impact of different types of olive oil on cardiovascular risk factors: A systematic review and network meta-analysis*. Nutr Metab Cardiovasc Dis,

2. George, E.S. et al. (2018). *The effect of high-polyphenol extra virgin olive oil on cardiovascular risk factors: A systematic review and meta-analysis*. Crit Rev Food Sci Nutr.
3. Sarapis, K. et al. (2020). *The effect of high-polyphenol extra virgin olive oil on blood pressure and arterial stiffness in healthy adults: A randomized controlled cross-over study*. Nutrients.
4. Cândido, F.G. et al. (2017). *Consumption of extra virgin olive oil improves body composition and blood pressure in women with excess body fat: A randomized double-blinded placebo-controlled trial*. Eur J Nutr.
5. Kaddoumi, A. et al. (2022). *Extra-virgin olive oil enhances the blood–brain barrier function in mild cognitive impairment: A randomized controlled trial*. Nutrients.
6. Mazza, E. et al. (2018). *Effect of replacing dietary vegetable oils with extra virgin olive oil on cognitive function in the elderly*. J Transl Med.
7. Sanchez-Rodríguez, E. et al. (2019). *Effects of virgin olive oils differing in bioactive compound content on biomarkers of oxidative stress and inflammation in healthy adults: A randomized double-blind controlled trial*. Nutrients.
8. Covas, M.I. et al. (2006). *The effect of polyphenols in olive oil on heart disease risk factors: A randomized trial*. Ann Intern Med.

+ Offer expires on 29/01/2026 at 11:59 p.m. PT. Offer cannot be combined with any other discounts or promotions, except product discounts.



Our customers say **Excellent**



Trustscore 4.8 out of 5

No longer want to receive these emails? [Unsubscribe.](#)

**OlvLimits**

Chamber of Commerce ID: 95299653

Ridderspoorweg 135, 1032LL, Amsterdam, The Netherlands