



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).



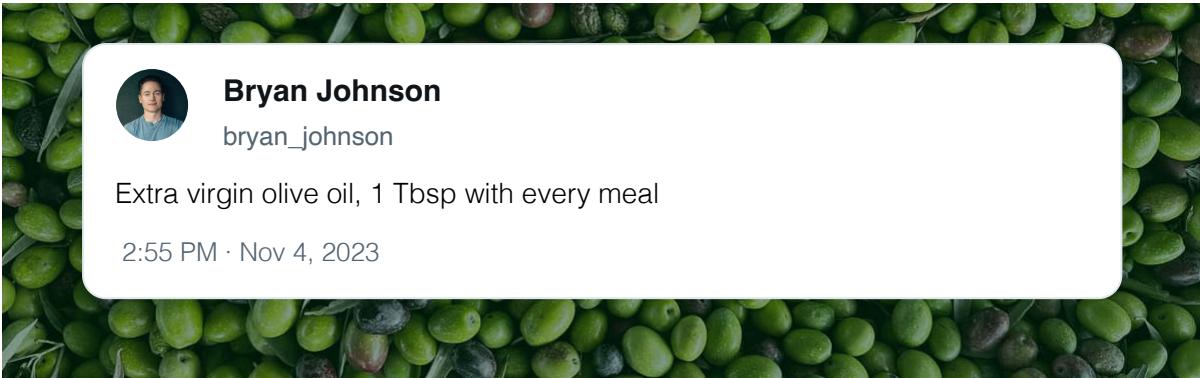
Why olive oil?

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

- 心脏病 —— 可以支持健康的胆固醇¹²⁸, 降低血压¹²³⁴, 并保护动脉²
- 脑健康 —— 可以支持认知健康⁵⁶ 和血脑屏障⁵
- 细胞防御 —— 可以帮助减少氧化应激⁷⁸ 和支持抗氧化活性⁷



Choose olive oil high in polyphenols

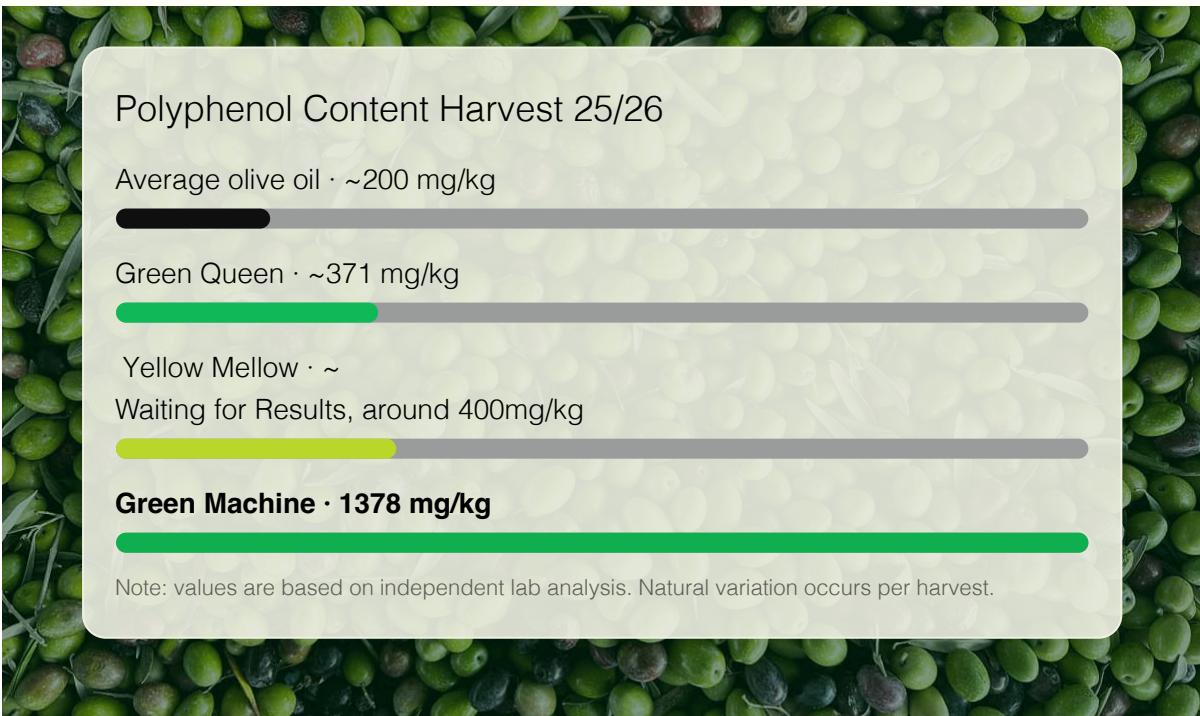
Bryan Johnson's olive oil must meet strict quality markers, verified through third-party laboratory testing, to be as nutritious as possible.

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 250m/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.



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

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Study References

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