Olive

url: https://medlineplus.gov/druginfo/natural/233.html  
  
  
Olive  
What is it?  
Olive (Olea europaea) is a tree with edible fruit, leaves, and seeds. The fruit and leaves are sometimes used as medicine.  
  
Olive leaf might lower blood pressure. Olive fruit might also be able to kill microbes, such as bacteria and fungus.  
  
People use olive for osteoarthritis, rheumatoid arthritis (RA), and many other conditions, but there is no good scientific evidence to support its uses.   
  
Don't confuse olive with olive oil, the oil from olive fruit. These are not the same.  
  
  
  
How effective is it?  
There is interest in using olive for a number of purposes, but there isn't enough reliable information to say whether it might be helpful.  
  
  
Is it safe?  
When taken by mouth: Olive fruits are commonly consumed as food. But there isn't enough reliable information to know if it is safe to use the fruit in larger amounts as medicine. Olive leaf extract is possibly safe when used appropriately.  
Special precautions & warnings:  
Pregnancy and breast-feeding: Olive fruits are commonly consumed as food. There isn't enough reliable information to know if olive is safe to use as medicine when pregnant or breast-feeding. Stay on the safe side and stick to food amounts.  
  
  
  
  
Are there interactions with medications?  
It is not known if this product interacts with any medicines. Before taking this product, talk with your health professional if you take any medications.  
  
  
Are there interactions with herbs and supplements?  
There are no known interactions with herbs and supplements.  
  
  
Are there interactions with foods?  
There are no known interactions with foods.  
  
  
How is it typically used?  
Olive fruit is commonly consumed in foods. As medicine, olive leaf extracts and olive fruit extracts have been used. Speak with a healthcare provider to find out what type of product and dose might be best for a specific condition.  
  
  
  
Other names  
Common Olive, Feuille d'Olivier, Green Olive, Jaitun, Manzanilla Olive Fruit, Oleae Folium, Olive Fruit, Olive Fruit Pulp, Olive Leaf, Olive Pulp, Olives, Olivo, Pulpe d'Olive.  
  
  
Methodology  
  
 To learn more about how this article was written, please see the Natural Medicines Comprehensive Database methodology.   
   
  
  
References  
Malfa GA, Di Giacomo C, Cardia L, Sorbara EE, Mannucci C, Calapai G. A standardized extract of Opuntia ficus-indica (L.) Mill and Olea europaea L. improves gastrointestinal discomfort: A double-blinded randomized-controlled study. Phytother Res 2021;35:3756-3768. View abstract.  
de la Torre R, Carb M, Pujadas M, et al. Pharmacokinetics of maslinic and oleanolic acids from olive oil - Effects on endothelial function in healthy adults. A randomized, controlled, dose-response study. Food Chem. 2020;322:126676. View abstract.  
Somerville V, Moore R, Braakhuis A. The effect of olive leaf extract on upper respiratory illness in high school athletes: A randomised control trial. Nutrients. 2019;11. pii: E358. View abstract.  
Shaw I. Possible toxicity of olive leaf extract in a dietary supplement. N Z Med J. 2016 Apr 1129:86-7. View abstract.  
Takeda R, Koike T, Taniguchi I, Tanaka K. Double-blind placebo-controlled trial of hydroxytyrosol of Olea europaea on pain in gonarthrosis. Phytomedicine. 2013 Jul 15;20:861-4. View abstract.  
Filip R, Possemiers S, Heyerick A, Pinheiro I, Raszewski G, Davicco MJ, Coxam V. Twelve-month consumption of a polyphenol extract from olive (Olea europaea) in a double blind, randomized trial increases serum total osteocalcin levels and improves serum lipid profiles in postmenopausal women with osteopenia. J Nutr Health Aging. 2015 Jan;19:77-86. View abstract.  
de Bock M, Thorstensen EB, Derraik JG, Henderson HV, Hofman PL, Cutfield WS. Human absorption and metabolism of oleuropein and hydroxytyrosol ingested as olive (Olea europaea L.) leaf extract. Mol Nutr Food Res. 2013 Nov;57:2079-85. View abstract.  
de Bock M, Derraik JG, Brennan CM, Biggs JB, Morgan PE, Hodgkinson SC, Hofman PL, Cutfield WS. Olive (Olea europaea L.) leaf polyphenols improve insulin sensitivity in middle-aged overweight men: a randomized, placebo-controlled, crossover trial. PLoS One. 2013;8:e57622. View abstract.  
 Lee-Huang, S., Zhang, L., Huang, P. L., Chang, Y. T., and Huang, P. L. Anti-HIV activity of olive leaf extract (OLE) and modulation of host cell gene expression by HIV-1 infection and OLE treatment. Biochem Biophys Res Commun. 8-8-2003;307:1029-1037. View abstract.  
 Markin, D., Duek, L., and Berdicevsky, I. In vitro antimicrobial activity of olive leaves. Mycoses 2003;46(3-4):132-136. View abstract.  
 O'Brien, N. M., Carpenter, R., O'Callaghan, Y. C., O'Grady, M. N., and Kerry, J. P. Modulatory effects of resveratrol, citroflavan-3-ol, and plant-derived extracts on oxidative stress in U937 cells. J Med Food 2006;9:187-195. View abstract.  
Estruch R, Ros E, Salas-Salvado J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. N Engl J Med 2013. [RETRACTED]. View abstract.  
Bitler CM, Matt K, Irving M, et al. Olive extract supplement decreases pain and improves daily activities in adults with osteoarthritis and decreases plasma homocysteine in those with rheumatoid arthritis. Nutri Res 2007;27:470-7.  
Aguila MB, Sa Silva SP, Pinheiro AR, Mandarim-de-Lacerda CA. Effects of long-term intake of edible oils on hypertension and myocardial and aortic remodelling in spontaneously hypertensive rats. J Hypertens 2004;22:921-9. View abstract.  
Aguila MB, Pinheiro AR, Mandarim-de-Lacerda CA. Spontaneously hypertensive rats left ventricular cardiomyocyte loss attenuation through different edible oils long-term intake. Int J Cardiol 2005;100:461-6. View abstract.  
Beauchamp GK, Keast RS, Morel D, et al. Phytochemistry: ibuprofen-like activity in extra-virgin olive oil. Nature 2005;437:45-6. View abstract.  
Brackett RE. Letter Responding to Health Claim Petition dated August 28, 2003: Monounsaturated Fatty Acids from Olive Oil and Coronary Heart Disease. CFSAN/Office of Nutritional Products, Labeling and Dietary Supplements. 2004 Nov 1; Docket No 2003Q-0559. Available at: http://www.fda.gov/ohrms/dockets/dailys/04/nov04/110404/03q-0559-ans0001-01-vol9.pdf.  
Togna GI, Togna AR, Franconi M, et al. Olive oil isochromans inhibit human platelet reactivity. J Nutr 2003;133:2532-6.. View abstract.  
Secondary Direct Food Additives Permitted in Food for Human Consumption. Safe use of ozone when used as a gas or dissolved in water as an antimicrobial agent on food, including meat and poultry. Federal Register 66 http://www.fda.gov/OHRMS/Dockets/98fr/062601a.htm (Accessed 26 June 2001).  
Madigan C, Ryan M, Owens D, et al. Dietary unsaturated fatty acids in type 2 diabetes: higher levels of postprandial lipoprotein on a linoleic acid-rich sunflower oil diet compared with an oleic acid-rich olive oil diet. Diabetes Care 2000;23:1472-7. View abstract.  
Fernandez-Jarne E, Martinez-Losa E, Prado-Santamaria M, et al. Risk of first non-fatal myocardial infarction negatively associated with olive oil consumption: a case-control study in Spain. Int J Epidemiol 2002;31:474-80. View abstract.  
Ferrara LA, Raimondi AS, d'Episcopo L, et al. Olive oil and reduced need for antihypertensive medications. Arch Intern Med 2000;160:837-42. View abstract.  
Linos A, Kaklamani VG, Kaklamani E, et al. Dietary factors in relation to rheumatoid arthritis: a role for olive oil and cooked vegetables? Am J Clin Nutr 1999;70:1077-82. View abstract.  
Stoneham M, Goldacre M, Seagroatt V, Gill L. Olive oil, diet and colorectal cancer: an ecological study and a hypothesis. J Epidemiol Community Health 2000;54:756-60. View abstract.  
Ruiz-Gutierrez V, Muriana FJ, Guerrero A, et al. Plasma lipids, erythrocyte membrane lipids and blood pressure of hypertensive women after ingestion of dietary oleic acid from two different sources. J Hypertens 1996;14:1483-90. View abstract.  
Bisignano G, Tomaino A, Lo Cascio R, et al. On the in-vitro antimicrobial activity of oleuropein and hydroxytyrosol. J Pharm Pharmacol 1999;51:971-4. View abstract.  
Isaksson M, Bruze M. Occupational allergic contact dermatitis from olive oil in a masseur. J Am Acad Dermatol 1999;41:312-5. View abstract.  
The IOOC's Trade Standard Applying to Olive Oil and Olive Pomace Oil. Available at: sovrana.com/ioocdef.htm (Accessed 23 June 2004).  
Katan MB, Zock PL, Mensink RP. Dietary oils, serum lipoproteins, and coronary heart disease. Am J Clin Nutr 1995;61:1368S-73S. View abstract.  
Keys A, Menotti A, Karvonen MJ , et al. The diet and 15-year death rate in the seven countries study. Am J Epidemiol 1986;124:903-15. View abstract.  
Trevisan M, Krogh V, Freudenheim J, et al. Consumption of olive oil, butter, and vegetable oils and coronary heart disease risk factors. The Research Group ATS-RF2 of the Italian National Research Council. JAMA 1990;263:688-92. View abstract.  
Liccardi G, D'Amato M, D'Amato G. Oleaceae pollinosis: a review. Int Arch Allergy Immunol 1996;111:210-7. View abstract.  
Aziz NH, Farag SE, Mousa LA, et al. Comparative antibacterial and antifungal effects of some phenolic compounds. Microbios 1998;93:43-54. View abstract.  
Cherif S, Rahal N, Haouala M, et al. [A clinical trial of a titrated Olea extract in the treatment of essential arterial hypertension]. J Pharm Belg 1996;51:69-71. View abstract.  
van Joost T, Smitt JH, van Ketel WG. Sensitization to olive oil (olea europeae). Contact Dermatitis 1981;7:309-10.  
Bruneton J. Pharmacognosy, Phytochemistry, Medicinal Plants. Paris: Lavoisier Publishing, 1995.  
Gennaro A. Remington: The Science and Practice of Pharmacy. 19th ed. Lippincott: Williams & Wilkins, 1996.