



a healthy life.



Nutrition research has found that a balanced Mediterranean diet is one of the world's healthiest. This is largely due to the miraculous qualities of the olive oil this diet contains.

Olive oil lowers total blood cholesterol, giving protection against arteriosclerosis (which leads to coronary heart disease).

Extra virgin olive oil also contains phenols, which prevent cell oxidation and are thought to slow ageing and protect against arthritis and osteoporosis. Other important nutrients are tocopherols, whose principle element is Vitamin E.



Salads



Cooking



Dips

Used raw or cooked, in sweet or savoury dishes, it tastes great and combines well with other healthy foods to promote a balanced diet.



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Give them Olive Oil



Salads



Cooking



Dips

and they'll thank you for life!



You're never too young to start enjoying the benefits of Olive oil.

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Olive oil is good for you and good for them...

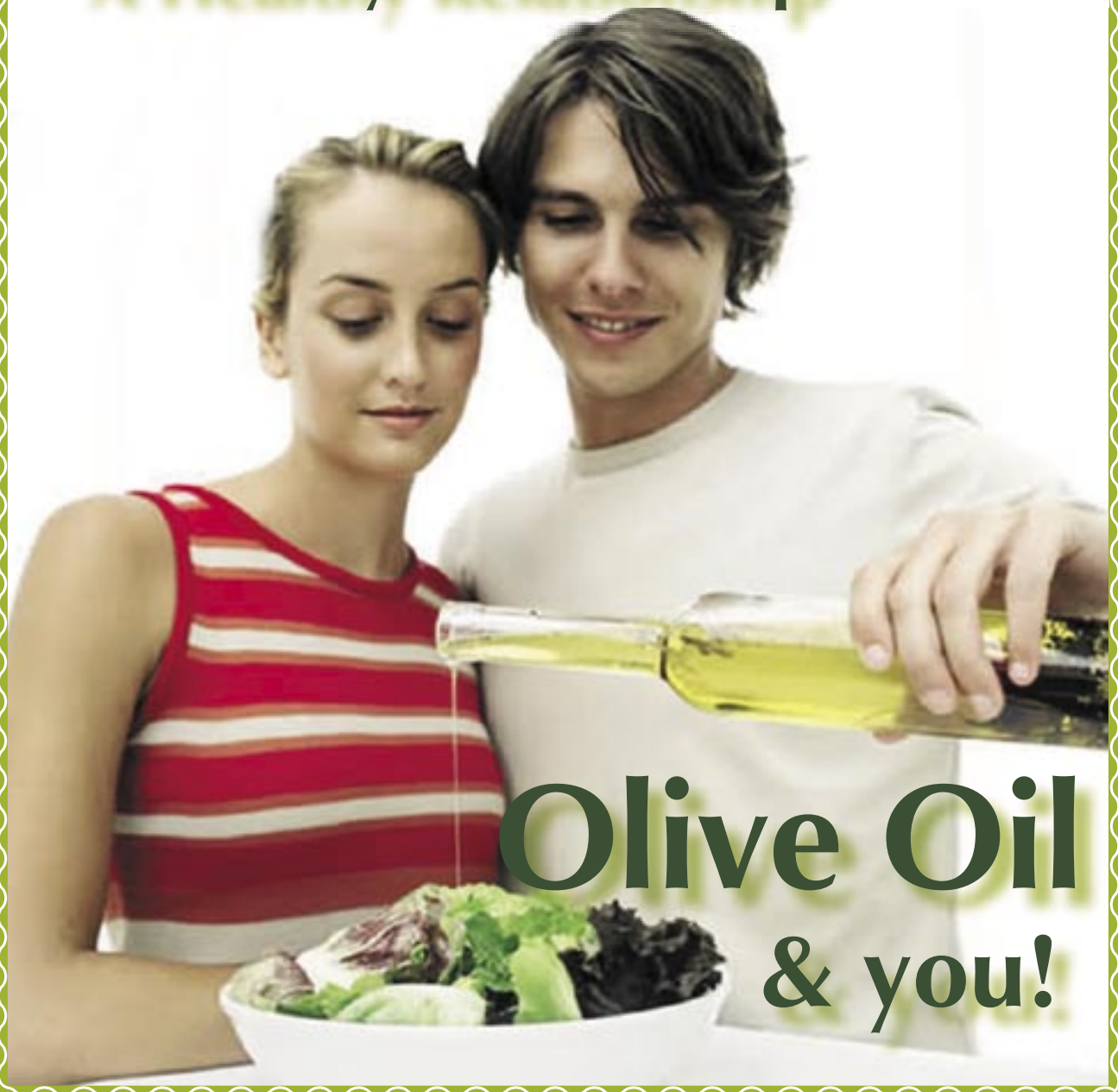
Oh! and it tastes great too.



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A Healthy Relationship



Olive Oil & you!

Like all relationships it works better if you give a little ...

- Slows ageing. • Reduces risk of heart disease.
- Helps prevent arthritis. • Guards against osteoporosis.
- Goes well with many foods. • Tastes great.



Salads



Cooking



Dips

