



PATIENT & CAREGIVER EDUCATION

Olive Leaf

This information describes the common uses of Olive Leaf, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Olive leaf extract has not been shown to prevent or treat cancer in humans. Olive leaves contain a substance called oleuropein, which is thought to help reduce cholesterol levels and inflammation. Olive leaf extracts (OLE) also reduce glucose levels in the blood. Laboratory studies found that OLE can kill a number of microorganisms including yeasts, bacteria, and fungi. It was also shown to have anticancer effects, but human studies are needed.

What are the potential uses and benefits?

- **To prevent or treat cancer**
Laboratory results show possible benefit, but human studies have not been conducted.
- **To lower cholesterol**
Animal studies have shown a possible effect. Human studies are lacking.
- **To reduce high blood pressure**
Animal and human studies show that olive leaf extract can lower blood pressure.

- **To fight infections**

Laboratory results show olive leaf extract to be effective against a variety of microorganisms.

- **To promote urination**

There is no evidence to support this claim.

What are the side effects?

- Pollen from olive trees can cause severe respiratory allergy.

What else do I need to know?

Do Not Take if:

- **You are taking blood pressure medicine:** In lab experiments, olive leaf extract increased the blood pressure lowering effect. Clinical relevance has yet to be determined.
- **You are taking insulin or other blood sugar medicine:** In lab experiments, olive leaf extract lowered blood sugar levels. Clinical relevance has yet to be determined.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Olive Leaf - Last updated on April 12, 2023

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