



The Chronicle

Size: 81.77 sq. cm.

Date: Tuesday, 25 July 2006
Page Number: 8
Edition: FIRST
Supplement: DIVA

Market: Queensland - Toowoomb
Circulation: 26,678
Published: MON TO SAT
Editorial: [email the editor](#)
Item No: P11330978

HAVE you seen these products on health shop or supermarket shelves and wondered what all the fuss is about?

olive leaf extract

OLIVE leaf extract has been touted as an antibacterial, antiviral and antiparasitic substance with immune-boosting properties which should help fight off colds and the like.

However, recently it has also proven lethal to human breast and prostate cancer cells in the laboratory, Southern Cross University researchers have discovered.

However, a great deal of additional laboratory work will need to be performed to confirm these findings which would then need to be the subject of extensive clinical trials, principal researcher Dr Lesley Stevenson said.

The results of the study by the Australian Centre for Complementary Medicine Education & Research (ACCMER), Australasia's leading centre for evidence-based research and post-graduate education in complementary medicine, were released this week. ACCMER is a joint venture between the University of Queensland and Southern Cross University.

In a separate aspect of the study, olive leaf extract was also found to produce inhibitory activity against some key mediators in the inflammatory process.

The new findings follow research in 2005, when the same olive leaf extract was shown to have an antioxidant capacity 400% higher than Vitamin C and almost double that of green tea or grape seed extract.





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>> beneficial probiotics

OUR digestive system contains around 100 trillion bacteria – some of which are good and essential for us to maintain overall digestive health, and some of which are not so good. Many people enjoy yoghurt in their diet not only for the delicious taste, but also because they believe that all yoghurt contains live bacteria which are good for you, commonly known as Probiotics. The truth is, not all yoghurts are the same where probiotics are concerned.

The beneficial probiotics found in Vaalia yoghurt include Lactobacillus GG (LGG is unique to Vaalia), acidophilus and bifidus. What is key is the quantity; every 100g of Vaalia yoghurt contains at least 100 million colony-forming units of each of these three premium quality probiotics – enough to survive the journey through the stomach's acidic environment, to reach the small intestine alive, which is where they can help to maintain the balance of beneficial bacteria and aid overall wellbeing.

Vaalia Low Fat Yoghurt is also 100% gluten free, low GI – which creates a feeling of fullness.

