



## Extra Virgin Olive Oil

It is a natural juice extracted mechanically from olive fruits without any chemical processing, which preserves its flavor and nutritional value.

It is rich in unsaturated fatty acids, vitamins, and antioxidants such as phenolic compounds and tocopherols. It is considered a distinctive healthy food thanks to its nutritional and therapeutic properties and its important benefits for human health.



- ✓ Protects the heart and arteries.
- ✓ Lowers harmful cholesterol.
- ✓ Reduces blood pressure.
- ✓ Supports digestion and gut health.
- ✓ Enhances brain and bone development.
- ✓ Delays aging and improves skin.
- ✓ Reduces cancer and diabetes risks.

### Powered by :

funded by the Italian Ministry of Foreign Affairs and International Cooperation through the Italian Agency for Development Cooperation (AICS), and implemented by #CIHEAMBari in partnership with the Ministry of Agriculture and Water Resources of the #Kurdistan Regional Government – aims to promote #sustainable #ruraldevelopment in the Kurdistan Region by strengthening the #oliveoil #valuechain.

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Olive Roots for Rural Empowerment

## Kurdish Olive Oil Value Chain KORES Project

### Olive Oil

### A Perfect Food for Perfect Health



# Health Benefits of Olive Oil

## 1. Protects the Heart and Arteries

Helps in:

- Reducing harmful cholesterol (LDL)
- Maintaining healthy cholesterol (HDL)
- Preventing fat deposits on artery walls

Excellent for preventing heart disease and atherosclerosis.



## 2. Regulates Blood Pressure

Daily consumption of 40–50 g contributes to:

- Gradual reduction of blood pressure
- Reducing need for medication by up to 50%

## 3. Improves Stomach & Digestive Health

Olive oil is:

- Gentle on the stomach
- Rich in oleic acid, improving digestion
- Preventive against constipation and digestive disorders

## 4. Supports Pregnancy, Breastfeeding & Brain Development

Contributes to:

- Brain development in fetuses and infants (brain is 71–80% fat)
- Providing vitamins E and K to mothers
- Supporting bone and neural development in children

## 5. Enhances Skin Radiance & Delays Aging

Helps in:

- Delaying signs of aging
- Moisturizing and preserving skin glow
- Reducing Alzheimer's risk due to neural cell protection

## 6. Strengthens Bones

By:

- Enhancing calcium absorption
- Increasing bone density

Important for preventing osteoporosis.



## 7. Protects Skin from Sun Damage

Contains compounds that:

- Absorb harmful UV rays
- Protect skin from inflammation and sun damage

## 8. Prevents Diabetes & Supports Insulin Function

Helps in:

- Improving insulin sensitivity
  - Regulating blood sugar
- Ideal for diabetic patients.

## 9. Reduces Cancer Risk

Regular consumption helps prevent:

- Skin cancer
- Stomach cancer
- Intestinal cancer
- Prostate cancer
- Breast cancer

Due to oleic acid, phenols, vitamins, and squalene.