

Oleaphen

DECEMBER 2025



WINTER WELLNESS: YOUR POD THROUGH THE SEASON

Thank you for your patience with November's delayed shipment. Launching innovative seaweed packaging proved harder than anticipated, production delays, learning curves, challenges we didn't foresee.

Because November arrived so late, we're sending December's shipment now, together. This ensures your December supply arrives well before holiday disruptions—when international post slows, customs backlogs, and courier delays become inevitable. You won't run out during the season when consistency matters most. The holidays bring celebration and stress. Your immune system faces more challenges now than any other time: travel fatigue, disrupted sleep, seasonal colds, indulgent meals that spike inflammation. This is precisely when your daily 5ml pod matters most.

Your subscription isn't just therapeutic insurance, it's your body's defense system when it needs it most. The polyphenols working quietly in each pod become especially valuable when routine gets disrupted and your body faces extra demands.

Nick Schizas & Nicolas Netien
Founders

WINTER INFLAMMATION & IMMUNE SUPPORT

The Holiday Feast Challenge

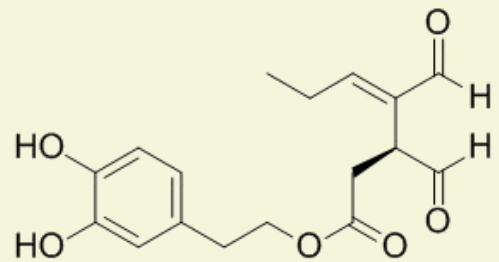
That big holiday meal triggers metabolic chaos: blood sugar spikes, insulin surges, inflammatory cascades activate. Taking your pod 15 to 20 minutes before indulgent meals changes this. The polyphenols slow carbohydrate absorption, improve insulin sensitivity, and help cells take up glucose efficiently without overwhelming your pancreas.

A 2023 study in Clinical Nutrition proved this. Ninety-one participants with obesity and prediabetes consumed oleocanthal and oleacein rich olive oil for one month, making no other dietary changes. Results: significant decreases in weight, BMI, and blood glucose with the high polyphenol oil only vs regular olive oil.

During December's dietary disruption, your pod provides metabolic protection that helps offset indulgence. Think of it as preparation before the feast, not damage control after.

POLYPHENOL OF THE MONTH

Oleacein: The Quiet Protector



While oleocanthal gets attention for its throat burn, oleacein works silently as your oil's second major bioactive compound. Your 2025 harvest delivers substantial oleacein alongside oleocanthal, and recent research reveals this compound does far more than fight inflammation.

Oleacein demonstrates potent antioxidant activity, scavenging free radicals that damage cells during winter stress. Research published in Biomedicines showed it inhibits multiple inflammatory enzyme systems while reducing nitric oxide production in immune cells, providing comprehensive cellular protection.

But here's what makes it especially relevant for winter: studies in the Journal of Nutritional Biochemistry demonstrated that oleacein rich olive oil reduced joint inflammation while actively protecting cartilage from degradation. It doesn't just suppress symptoms, it protects tissue structure.

Joint stiffness increases in cold weather. Travel and holiday activity strain joints. Oleacein provides both immediate anti inflammatory relief and long term protective effects.

Your oil contains both oleocanthal and oleacein in clinically meaningful concentrations working synergistically: oleocanthal targets COX pathways, oleacein modulates multiple inflammatory cascades and provides antioxidant protection. This isn't single target suppression like ibuprofen. It's comprehensive cellular defense from nature.

THE SCIENCE IN ACTION

MONTHLY STUDY HIGHLIGHT



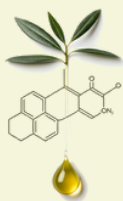
The Science Behind Winter Resilience

The APRIL study, published in *Clinical Nutrition* in August 2023, examined 91 participants aged 40 to 65 with obesity and prediabetes. This randomized, double blind, controlled crossover trial had participants substitute their regular cooking oil with either high polyphenol extra virgin olive oil or regular olive oil, for one month. They made no other dietary or exercise changes.

Results showed dramatic differences. After one month with the high polyphenol oil, participants experienced significant reductions in interferon gamma, a key inflammatory marker. Total antioxidant status increased while lipid and organic peroxides decreased, changes that reached statistical significance compared to common olive oil.

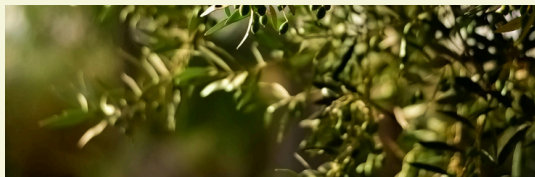
Most relevant for December: decreases in weight, BMI, and blood glucose occurred specifically with the high polyphenol oil. These changes did not occur with regular olive oil despite identical calorie intake. The protective compounds, not just the fat, drove the metabolic benefits.

During holiday indulgence season, your pod provides this same metabolic protection. Additional research published in *Antioxidants* in August 2023 showed oleacein exhibited anti inflammatory effects in models simulating both acute and chronic inflammation, suggesting protection from preventing seasonal colds to managing inflammation that worsens with stress.



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FROM THE GROVES:



DECEMBER IN CYPRUS

November delivered one rain event. One. The catastrophic drought continues into its third year. We're hoping for December rains, but hope isn't a farming strategy. Mid November hit 30°C (86°F), summer temperatures when trees should be entering dormancy. This isn't normal. This is climate change playing out in real time on our family farms.

Now comes pruning season. While city folks hang holiday lights, we're in the groves with hand saws, making crucial decisions about next year's harvest.

Why We Prune:

Olive trees left unpruned become tangled, dense canopies where inner branches die from lack of light. Fruit production drops. Disease pressure increases. We prune to open the canopy for light, remove diseased wood, manage tree height for hand picking, and balance growth with fruit production.

Pruning is skilled work. Cut too aggressively, you get lots of leaves and few olives. Cut too conservatively, productivity drops. After three drought years, we're especially careful. Stressed trees need gentler pruning.

Each cut is an investment in your 2026 harvest. The wood we remove today determines fruit load next autumn. In a warming, drying Mediterranean, pruning strategy becomes survival strategy.

The five families are out there now, every morning. Making decisions based on decades of experience in a climate that's changing faster than tradition can adapt.

CLOSING NOTE

You're automatically prioritized for 2026 harvest. When pods become available, you'll hear first.

One request: if your holiday gatherings include someone managing inflammation, joint pain, or cognitive concerns, share your experience. This community grew through people telling others what actually works.

Stay consistent through December. Your body will thank you in January.

Nick & Nicolas