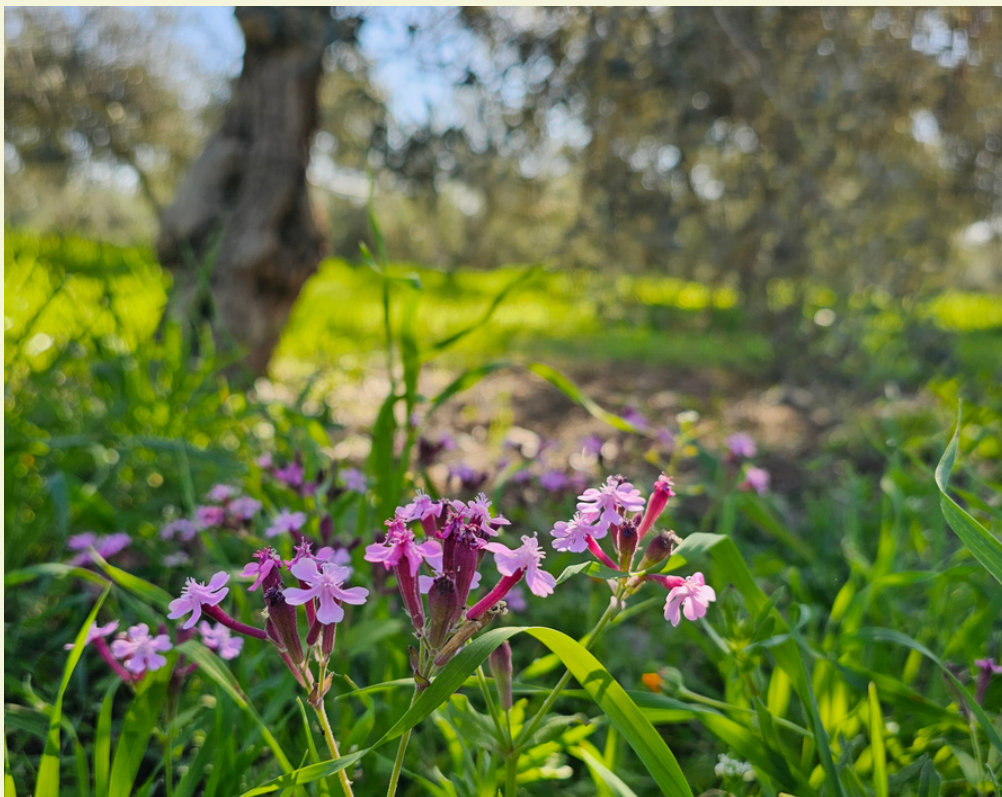




SPRING RENEWAL

March is when the body shifts. Longer days trigger changes in cortisol rhythm, sleep architecture, and immune activity. Researchers studying circadian biology have documented this transition for decades: the body does not simply experience spring, it recalibrates for it.

This recalibration creates a window. The immune system, which has been working hard since October, begins to ease. Inflammatory load that accumulated through winter starts to resolve. The antioxidant and anti-inflammatory compounds your body has been accumulating through consistent daily use become especially relevant precisely when its own systems are in transition. Your daily pod, taken consistently through winter, has been building that baseline. What happens now is the compound effect of that patience.

You may also notice something different at the top of this newsletter. We have simplified our logo. Less busy, cleaner lines. Oleaphen is maturing as a brand, and we wanted the visual identity to reflect that.

Nick Schizas & Nicolas Netien Founders

COMPOUND OF THE MONTH

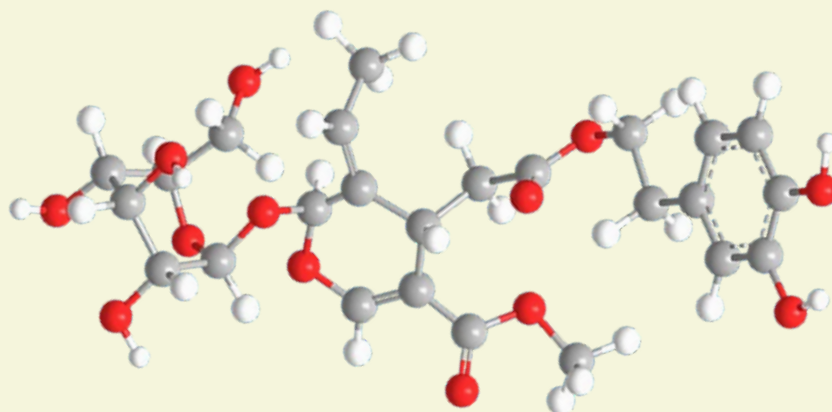
OLEUROPEIN

Oleocanthal. Oleacein. Hydroxytyrosol. You have met these compounds over the past four months. What you have not yet met is their source.

Oleuropein is the primary polyphenol synthesized by the olive tree itself, found in the highest concentrations in the leaf, the fruit, and the oil of early-harvest olives. It is the precursor from which hydroxytyrosol is derived during extraction and digestion. Without oleuropein in the source fruit, none of the downstream compounds exist in meaningful quantities.

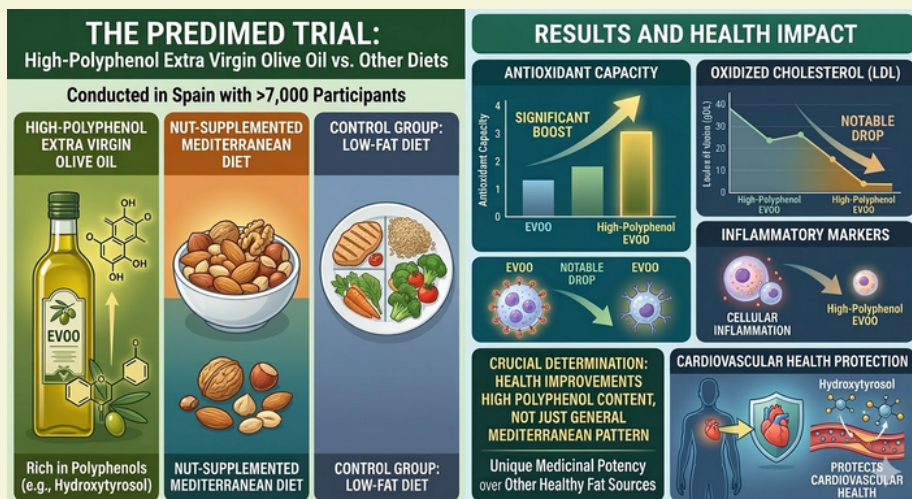
Research at the University of Granada and the Italian National Research Council has characterized oleuropein's direct biological activity. The compound inhibits xanthine oxidase, an enzyme involved in the production of uric acid and reactive oxygen species. It modulates NF- κ B signaling pathways, a central regulatory switch in the inflammatory response. And it demonstrates direct antimicrobial activity against a range of pathogenic bacteria, an area of active investigation at laboratories across Italy, Spain, and Greece.

What makes oleuropein especially relevant to spring: the body's transition out of winter is a period of immune recalibration. Inflammatory load accumulated over months of cold, reduced light, and disrupted circadian rhythms begins to resolve. Consistent polyphenol intake during this window supports that recalibration at the cellular level. Your 2025 harvest delivers oleuropein alongside its derivative compounds, working as the olive tree designed them to work: together.



THE SCIENCE IN ACTION

MONTHLY STUDY HIGHLIGHT



The PREDIMED Data: Polyphenols and Systemic Antioxidant Status

The **PREDIMED** trial remains the most cited dietary intervention study in the peer-reviewed literature on olive oil. What receives less attention than its cardiovascular outcomes is the oxidative stress data embedded in the same trial.

Researchers at the Hospital Clinic of Barcelona, working within the CIBEROBN network of 11 Spanish institutions, analyzed systemic markers of oxidative stress across the 7,447 participants assigned to Mediterranean diet arms supplemented with extra virgin olive oil. They found that the **group consuming high-polyphenol EVOO showed significantly elevated total antioxidant capacity** compared to both the low-fat control group and the nut-supplemented Mediterranean diet group.

The mechanism was **polyphenol-dependent**, not fat-dependent. Participants consuming refined olive oil showed no comparable increase in antioxidant markers. The protective effect tracked directly with measurable polyphenol intake.

This distinction matters in March. As the body transitions out of winter, accumulated oxidative burden from months of reduced antioxidant-rich fresh food, indoor environments, and physiological stress begins to clear. High-polyphenol olive oil consumed daily provides the antioxidant substrate the body's own defense systems require during that transition.

Your daily 5ml pod delivers this substrate in a concentrated, bioavailable form. The oil carries the polyphenols. Consistency delivers the effect.

FROM THE GROVES



MARCH IN CYPRUS: WATER AND WILD THINGS

Rain kept coming through February and into early March. Rivers that had been dry beds for years are running again. The dams filled a little. Not enough. Across the island, reservoir capacity sits at 21%, and the summer ahead will still be hard. Three years of drought do not reverse in one wet season.

But something is different in the groves this year. Healthy soil holds water in ways compacted, depleted land cannot. The organic matter our families have been building through cover crops, mulch, and zero tillage is acting like a sponge. The moisture is going deep, past where the summer heat can reach it. The trees are drawing on reserves that simply did not exist two years ago.

The groves themselves are almost unrecognisable from a month ago. Wild flowers are everywhere. Insects have returned in numbers that surprised even the families who have worked this land for decades. Birds are nesting in the old trees. Foxes are spotted with cubs. This is what regenerative agriculture looks like when it starts to work.

The olive trees are showing their first buds, the ones that will become flowers soon. We watch them carefully and say nothing confident yet. Until we see olives on the branches, anything can happen.

CLOSING NOTE

The 2026 harvest preparations continue.

We are also quietly working on new products that complement the oil, built to the same standards. Nothing to announce yet, but we wanted you to know the thinking extends beyond the pod.

Stay consistent. The groves are waking up.

Nick & Nicolas