

Oleaphen

JANUARY 2026



NEW YEAR, ANCIENT WISDOM: CONSISTENCY OVER RESOLUTIONS

While others start January with resolutions they'll abandon by February, you've chosen something different: daily consistency with therapeutic-grade nutrition. That choice matters more than any resolution ever will.

You've been with us through our first full harvest cycle now, experiencing the rhythm of what we're building together. And here's what makes this journey meaningful: your testimonials started arriving. Messages about reduced joint pain, clearer thinking, better energy, improved digestion. Real changes from real people. These aren't marketing testimonials we solicited, they're unsolicited emails from subscribers noticing differences they didn't expect. We're honored. Humbled, actually.

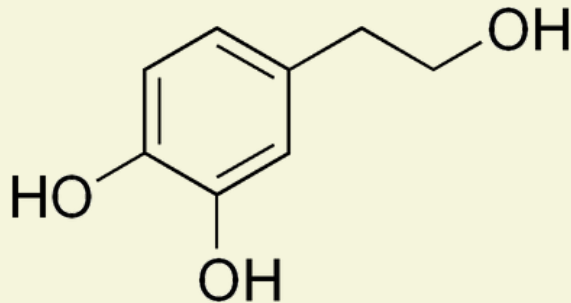
If you're experiencing changes—better or unexpected—please share them. Your feedback shapes how we communicate what this oil actually does. Email us your experience. We read and answer to every message.

January brings clarity after December's festive season. Your body recovers from holiday indulgence. Your immune system rebuilds. Your inflammation settles. This is precisely when daily polyphenols matter most. Whether you're just starting your journey or continuing it, the compound benefits come from consistency.

Nick Schizas & Nicolas Netien
Founders

CARDIOVASCULAR RENEWAL

POLYPHENOL OF THE MONTH



Hydroxytyrosol: Your Heart's Silent Guardian

While oleocanthal targets COX pathways, oleacein modulates multiple inflammatory cascades and provides antioxidant protection, hydroxytyrosol works differently. This compound is the most potent antioxidant in olive oil—and one of nature's strongest antioxidants, period.

Your 2025 harvest delivers substantial hydroxytyrosol alongside oleocanthal and oleacein.

Research reveals this molecule does far more than scavenge free radicals:

- Protects LDL cholesterol from oxidation – preventing the arterial damage that leads to heart disease
- Supports endothelial function – keeping blood vessels flexible and responsive
- Enhances mitochondrial efficiency – improving cellular energy production
- Reduces oxidative stress in cardiac tissue – protecting heart muscle itself

Here's what makes it especially relevant for January: after December's dietary disruption, your cardiovascular system needs recovery. Rich meals stress your heart. Alcohol impacts arterial function. Disrupted sleep affects blood pressure. Hydroxytyrosol provides comprehensive cardiovascular protection when your system needs it most.

Your oil delivers hydroxytyrosol working synergistically with the full spectrum of polyphenols—oleocanthal, oleacein, and dozens of others—plus the healthy fats, squalene, and vitamin E that make absorption possible. This isn't isolated compounds in a capsule. It's nature's complete cardiovascular defense system, where each component enhances the others. The polyphenols need the oil. The oil carries the polyphenols. Everything works together.

THE SCIENCE IN ACTION

MONTHLY STUDY HIGHLIGHT



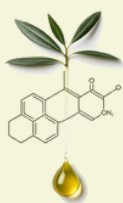
The Science Behind Cardiovascular Protection

A 2023 study published in *Nutrients* examined how high-polyphenol olive oil affects cardiovascular health markers in adults with metabolic syndrome. Researchers had participants consume either high-polyphenol EVOO or regular olive oil daily for eight weeks.

Results showed significant improvements with the high-polyphenol oil: Endothelial function improved; blood vessels showed better dilation and responsiveness, indicating healthier arterial walls. Oxidized LDL decreased substantially, the dangerous form of cholesterol that damages arteries dropped significantly compared to regular olive oil. Inflammatory markers declined – C-reactive protein and other inflammation indicators decreased, suggesting systemic cardiovascular protection.

Most importantly: these benefits occurred specifically with high polyphenol concentrations. Regular olive oil, despite identical calorie and fat content, didn't produce the same cardiovascular improvements. The protective compounds drive the benefits, not just the fat.

Your daily 5ml pod delivers clinically meaningful polyphenol doses in a concentrated form. January is when your cardiovascular system recovers from holiday stress—hydroxytyrosol provides the protection your heart needs most.



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FROM THE GROVES:



JANUARY IN CYPRUS: HOPE RETURNS

December delivered what November couldn't: rain. Real rain. The mountains received snow, critical because snowmelt feeds our aquifers through summer. January continues looking promising. Not enough to end three years of drought, but enough to give the trees what they desperately needed.

Pruning finished right before the rains. Perfect timing. Those pruned branches get chipped on-site and spread as mulch through the groves. Nothing gets wasted. Wood that would traditionally burn now feeds the soil biology that feeds the trees.

The five families are cautiously optimistic about 2026 harvest. Trees look healthier. Soil moisture improved. But we're farmers, anything can happen between now and October. Your subscription makes this work possible. Most farmers burn prunings because it's faster and cheaper. The premium you pay funds the unglamorous work that separates commodity agriculture from what we're building.

CLOSING NOTE

We've been sold out since November. Demand from 31 countries exceeded what five small farms can sustainably produce.

We're genuinely sorry. If you're on a six-month subscription, we cannot fulfill renewals until the 2026 harvest. We know this is inconvenient and frustrating.

When the 2026 harvest is ready, you'll be prioritized before anyone on our waiting list. You'll hear from us first.

One request: if someone close to you is managing chronic inflammation, cardiovascular concerns, or cognitive decline, please share your experience if you feel comfortable doing so.

We're training additional families for the 2026 harvest, expanding carefully without compromising quality. Olive trees set the pace, not venture capital.

Thank you for your patience and trust. Stay consistent through January.

Nicolas & Nick