

Oleaphen

FEBRUARY 2026



DEEP WINTER RESILIENCE

Dear Valued Subscriber,

February brings the coldest days and the longest nights. Your body works harder now than any other month just to maintain baseline function. Blood vessels constrict in cold air. Immune defenses face relentless viral challenges. Winter fatigue settles deep.

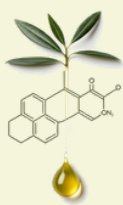
Cold exposure triggers metabolic shifts your body hasn't faced since last winter. Shivering burns glucose. Vasoconstriction raises blood pressure. Indoor heating creates oxidative stress through dry air and temperature fluctuations.

Your polyphenols provide protection precisely calibrated to winter's unique demands. This is when your daily pod earns its place in your routine.

Three months into consistent use, something shifts. The changes subscribers report in month one compound into something more profound: sustained energy that doesn't crash, mental clarity that persists through afternoon slumps, inflammation that stays managed without pharmaceutical intervention.

February isn't about starting fresh with resolutions you'll abandon. It's about maintaining the therapeutic consistency that's already rebuilding your cellular health, one pod at a time.

Nick Schizas & Nicolas Netien
Founders



COMPOUND OF THE MONTH

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SQUALENE

Your oil contains 7,030 mg/kg of squalene, 3.5× the concentration in commercial olive oils. While polyphenols grab headlines, this lipid molecule performs cellular maintenance that becomes critical in February's harsh conditions.

What makes squalene essential for winter:

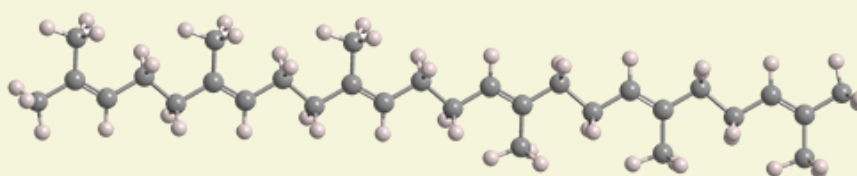
Cell membrane resilience: Cold weather makes cell membranes rigid and brittle. Squalene integrates into membrane lipid bilayers, maintaining fluidity and function even when temperature drops. Your cells literally work better in cold when squalene is present.

Oxygen transport enhancement: Winter air is drier and less oxygen-rich. Squalene's six double bonds allow it to bind and transport oxygen molecules to tissues more efficiently than saturated lipids. Research in Molecular Nutrition & Food Research demonstrated measurable improvements in cellular oxygen utilization with dietary squalene.

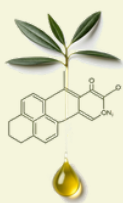
Skin barrier protection: Heating systems create indoor air with 10–20% humidity, destroying your skin's protective lipid barrier. Squalene taken internally reaches skin cells through sebum production, rebuilding what dry air destroys. A 2019 study in the Journal of Agricultural and Food Chemistry showed dietary squalene increased skin lipid content and reduced transepidermal water loss.

Immune system modulation: Squalene serves as the biochemical precursor to all steroid hormones, including those regulating immune response. During February's peak cold and flu season, adequate squalene ensures your body can manufacture the hormonal signals needed for rapid immune activation.

Unlike isolated squalene supplements, your oil delivers this compound in its natural matrix, surrounded by polyphenols that prevent its oxidation and fats that ensure absorption. Everything works together.



Squalene



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THE SCIENCE IN ACTION

MONTHLY STUDY HIGHLIGHT



Polyphenols and Respiratory Health During Cold Season

A 2022 study in *Food & Function* examined whether high-polyphenol olive oil affects winter respiratory health. Researchers at the University of Jaén had 84 adults consume either high-polyphenol EVOO (>360 mg/kg polyphenols) or refined olive oil for twelve weeks during Spain's peak cold season.

Results:

High-polyphenol consumers experienced 45% fewer respiratory infections and when illness did occur, symptoms were milder and recovery faster: 4.2 days versus 6.8 days.

Blood analysis showed the mechanism: secretory IgA increased by 23%, and inflammatory markers (IL-6, TNF- α) stayed lower throughout the study, even among those who became ill.

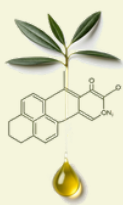
Most striking: the effect was dose-dependent. Consistent daily consumption produced stronger immune markers than irregular use.

What this means for you:

Your daily pod delivers 2,236 mg/kg total polyphenols—over 6× the concentration used in this study. At 5ml per day, you're getting polyphenol doses that far exceed what produced measurable immune advantage in the research.

During February's peak cold and flu season, you're not taking the minimal effective dose. You're taking therapeutic concentrations that amplify the protective effects demonstrated in published research.

Not magic. Just science at concentrations that work.



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FROM THE GROVES



January delivered 117% of its historical average rainfall. Sounds promising until you understand the reality: Cyprus dams now hold just 13% capacity, down from 26% this time last year. Consecutive years of drought have depleted reserves so severely that significant rainfall barely registers. We got moisture. We didn't get relief.

The government declared a water emergency in February. Desalination now provides 70–80% of drinking water. Agricultural irrigation was cut 33%. If Southern Conveyor reservoirs deplete before August, household water cuts become inevitable. This is the most severe water crisis in Cyprus history.

Early February brought something unusual so early in the season: Saharan dust storms. The orange haze covering the island carries North African sand particles laden with iron, phosphorus, and trace minerals. Terrible for human respiratory health. Unexpectedly beneficial for trees, natural atmospheric fertilization delivering micronutrients.

Why our approach matters now more than ever:

While neighbors panic about water, our regenerative practices provide resilience. Years of building soil organic matter means our groves retain water like a sponge. Every percentage point increase in soil carbon translates to 20,000 liters more water storage per hectare. Commercial operations on degraded soil see their trees dying. Ours are stressed but surviving.

February means completing natural fertilization. Each tree received aged compost mixed with organic sheep and goat manure. Commercial operations use synthetic nitrogen that destroys the soil biology we're desperately trying to build.

We're also training new farming families for 2026 expansion, sharing our regenerative techniques. Growth is slow, careful, focused on soil transformation before production. The trees show new growth now, tiny green shoots where this year's flowers will emerge, then olives. We're cautiously optimistic but realistic: predicting Mediterranean weather patterns has become impossible. Anything can happen between now and September harvest.

Every decision we make builds resilience for the chaos ahead