

Here is a [list](#) of health benefits from Extra Virgin Olive Oil;

- Improves Mood
- Strengthens bones
- Contains [polyphenols](#)
- Reduces morbidity
- Lowers risk of heart disease
- Anti-inflammatory
- Antioxidant
- Anti-microbial
- Lower cancer risk
- Adds [oleic acid](#)
- Lowers LDL (bad cholesterol)
- Increases HDL (good cholesterol)
- Improve brain health
- Contains vitamin E
- Regulates metabolism
- Builds immune system
- lowers blood sugar
- Improves skin health
- Enhances cognitive function

