



wellgrove®  
**Immune Support**  
**OLIVE LEAF EXTRACT**

ALL NATURAL AUSTRALIAN GROWN FRESH LEAVES

**ANTIOXIDANT SUPPLEMENT**  
Each capsule contains 300mg of Olive Leaf Extract (Olive leaf extract 4:10mg capsule to approximately 2g fresh leaf, standardised to contain 37.5mg Oleuropein)  
60 VEGETARIAN CAPSULES AUSTRALIAN L 314971

*Blend with..*



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Wellgrove Olive Leaf Extracts are packed with antioxidants and sustainably made with care, using only fresh, naturally sourced leaves.

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# GRAPE KALE LEMONADE JUICE

**SERVES:** 2 (makes 480ml)

## INGREDIENTS

2 tablespoons (30ml)  
Wellgrove **Immune Support\***  
Olive Leaf Extract liquid or  
2 capsules, broken open

2 cups seedless green grapes

1 cup (37g) firmly packed  
curly kale leaves

½ cucumber, scrubbed  
and chopped

½ cup firmly packed  
mint leaves

2 medium lemons,  
peeled and halved

## METHOD

1. If using the Olive Leaf Extract liquid, set aside until after you've made the juice. If using the Olive Leaf Extract capsules, empty contents into a large bowl, and toss through the grapes, kale, cucumber, mint, and lemon.
2. Push all the ingredients through your juicer. Strain any pulp with a fine mesh sieve.
3. Transfer the juice to a glass jar, and if using the Olive Leaf Extract liquid, add the liquid, secure the lid, and shake well to incorporate evenly.
4. Enjoy immediately for the most balanced flavour.



  
wellgrove®

[wellgrovehealth.com.au](http://wellgrovehealth.com.au)

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\*Traditionally used in Western herbal medicine to help support immune system health. Always read the label. Follow the directions for use.

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