

# Olympus Labs Elim1nate Revamped to Eliminate Excess Estrogen

written by Mike Roberto | October 23, 2018

For those that concerned with optimizing their androgen levels, such as prohormone users, rising estrogen levels can be a huge issue to overcome. Olympus Labs has addressed this issue with the new version of **Elim1nate**, a product that works to keep estrogen levels in a healthy range through herbal extracts – one of them new to the land of sports nutrition!



After looking at the massive amount of research on this two ingredient panel, we were left wondering why nobody else is using this “new” ingredient!

How does the science back it up?

## The Premise: *Elim1nate* Excess Estrogen, Maintain Gains

Olympus Labs, as PricePlow readers know, is one of the most cutting-edge supplement companies around. They *adore* new ingredients and *love* pushing the boundaries of products into new territory. Their past of innovation and jaw-dropping formulas has us excited whenever they drop a new product, and Elim1nate is no exception. Olympus Labs designed Elim1nate to provide certain benefits to

the consumer, such as:

- Promotion of a lean, dry and hard physique
- Modulation of estrogen levels to increase testosterone levels
- An increase in fat loss and metabolic health
- A push towards healthy levels of insulin sensitivity and plasma cholesterol levels
- Preventing the catabolism of lean muscle tissue.

In order to accomplish these goals, Elminate sets out to modulate your estrogen levels with *natural* ingredients. The formula is a simple two-punch solution to combat rising estrogen levels via newcomer **Luteolin** and a new twist on **Pine Bark Extract**, one of our *favorite* and most underrated ingredients of the last few years.

For those that are constructing a post-cycle therapy stack, **Elminate is a product designed to fit in the “AI slot” of your stack**, but can be used standalone to modulate estrogen for non-hormone users as well, since it doesn't completely *tank* estrogen. Before we get into the details, it's time to check prices and sign up for Olympus Labs news alerts, because this crew has a *ton* coming:

## Olympus Labs ELIM1NATE – Deals and Price Drop Alerts

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Olympus Labs is back on PricePLOW. Many of their supplements are rather hardcore, but this one looks solid even for conservative users!

Eliminate comes as a capsule-driven product, the most common form of delivery for much of the “anabolic boost” products on the market. While Olympus Labs definitely has some aggressive formulas, we believe this one can easily reach the mainstream. It’s a product designed for any athlete who’s looking to keep estrogen in check – *whether or not* they’re using more hardcore substances. Now we know what we’re looking at... let’s get to the *science*.

### **A Note on Expectations**

Please keep in mind that if a product promises to eliminate your estrogen levels entirely, it’s promising to kill you since *both males and females* need estrogen to live. For a product like this, expect a *decent* decrease in estrogen levels, not a massive drop that winds up being fatal. In addition, this is a natural herb based product. The effects will not likely resemble a prescription pharmaceutical, nor are they *intended* to – but only blood tests can determine that.

### **The Eliminate Ingredients**

- Luteolin as *Elimistane* (100mg)

**Supplement Facts**  
 Serving Size: 1 Capsule  
 Servings Per Container: 120

Amount Per Serving	%Daily Value
Elimistane™ Luteolin [from orange extract (fruit)]	100mg *
Pine (Pinus Massoniana) [Bark] (Standardized to 95% Proanthocyanidins)	25mg *

\*Daily Value not established

Other Ingredients: Gelatin (capsule), Microcrystalline, Cellulose, Magnesium Stearate and Silicon Dioxide, Titanium Dioxide, FD&C Blue#1, FD&C Red#40, FD&C Red #3, FD&C Yellow #6.

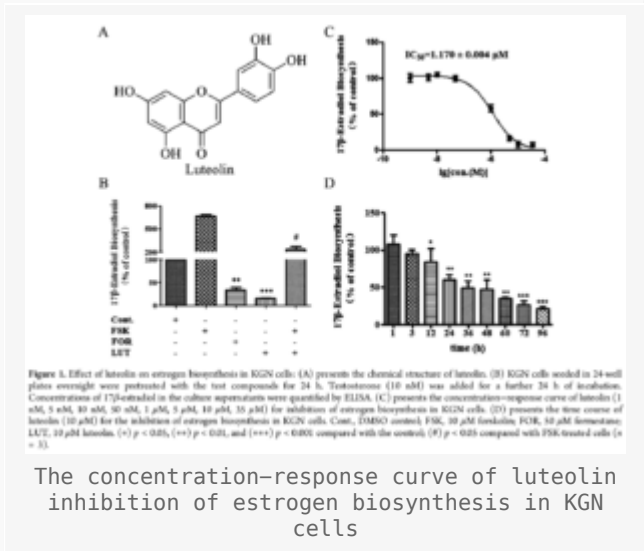
Two simple yet science-backed ingredients, to be taken with meals (one capsule per meal, 3-4 total per day)

*Elimistane* is a trademarked take on **Luteolin**, a natural flavonoid that found in a *ton* of plants, including oranges and artichoke. Recent research has shown that Luteolin may help inhibit *aromatase* in human cells.[1-4] Aromatase is the enzyme responsible for conversion of testosterone into estrogen in most organisms. By blocking this enzyme, Eliminate helps lower your estrogen levels while keeping your testosterone high in a single step. Luteolin has a bonus over traditional aromatase inhibitors as well: it's a broad-spectrum herb!

### Auxiliary benefits of Luteolin

Beyond just helping you have more testosterone levels, Luteolin can help balance your plasma cholesterol levels. It does so by lowering the amount of *low-density lipoproteins* (LDL) in circulation while helping create more *high-density* lipoproteins.[5,6] The take away on lipoproteins is that LDLs are "*bad*" cholesterol and many cite high levels of LDLs as a part of the pathophysiology of atherosclerosis, although this is hotly contested recently. HDLs, however, are *much smaller* than LDLs and actively help remove fat deposits from the arteries. Thus, higher plasma levels of HDL help *decrease* atherosclerosis risk.[7]

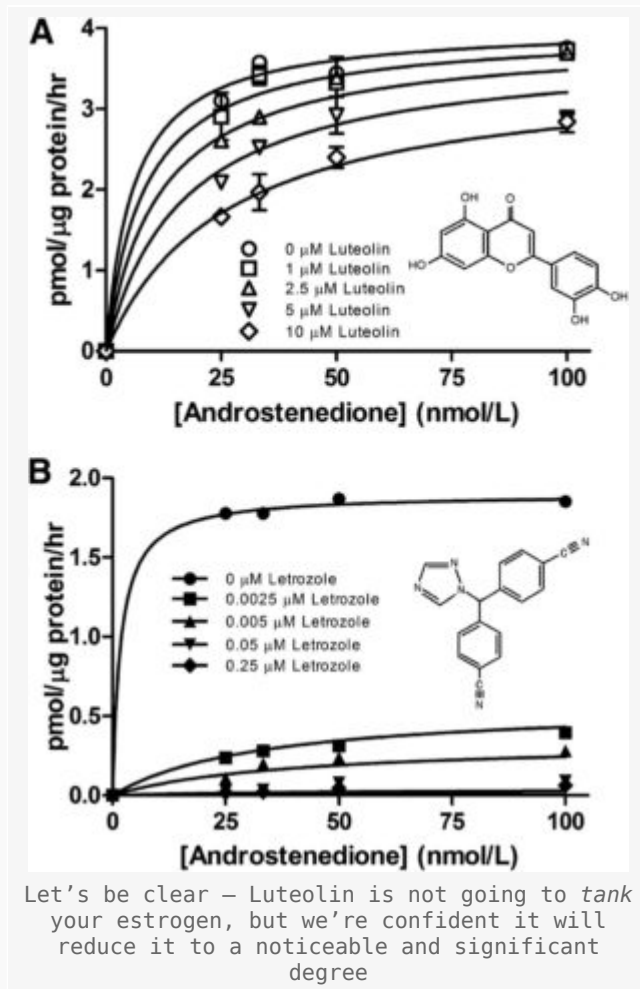
**Nootropic benefits and mood enhancement?! Why not!**



Since we're PricePLOW, we will touch on the nootropic benefits of Luteolin. Luteolin is an inhibitor of *phosphodiesterase-4*, an enzyme that reduces cAMP levels.[8] Amongst other things (see the weight loss area below), cAMP is a molecule that helps neurons communicate. By having more cAMP levels, we can improve neuronal communication which boosts focus, optimizes brain function, and improves long-term memory.[9]

While on that topic, there are often mood-enhancement benefits to ingredients like luteolin as an indirect benefit. This is simply because high estrogen levels can make you feel pretty crappy, to put it nicely. Instead, there's a bit of an "alpha" confidence to be had when getting your hormones in balance and hitting the gym on the regular.

### Increased cAMP → Increased Energy Expenditure



Luteolin may also help with weight loss,[15] since it increases PPAR-gamma in fat cells,[16] leading to increased *adiponectin* and *leptin* expression. Adiponectin a protein hormone involved in regulating glucose levels and fatty acid breakdown, while leptin is referred to as “the hormone of energy expenditure”. As mentioned above, luteolin increases cAMP by *reducing* its inhibitor. A boost in cAMP promotes the oxidation of fatty acids, increases the body's basal metabolic rate, and increases testosterone.

So that brings us to our final point, that luteolin may help you stay anabolic. On top of a potential testosterone boost from a cAMP boost, research shows that luteolin can help inhibit *atrogin-1* protein, which can help your fight against muscular atrophy.[10]

To sum it up, luteolin is an herb we don't see too often, which tells you how innovative Olympus Labs can be. As it stands, it looks like a promising way to kill two birds with one stone.

- **Pine Bark – Standardized from 95% Proanthocyanidins (25mg)**



The proposed Olympus Labs Eliminate Benefits. Chances are, you're here for the third one!

It's hard for Pine Bark to live up to the massive shadow Luteolin casts. Informed PriceFlow fans may scratch their heads as pine bark extract is *usually* used as a blood-flow enhancer in the supplement industry due to its action on nitric oxide levels in the blood.[11] A great benefit that we'll take any time (especially if it can increase the nutrient delivery of luteolin), but it goes further.

The *real* reason it's here is that an appropriately-extracted pine bark contains flavonoids and resins that may help inhibit aromatase.[12] This action works through the blocking of *NF-Kappa.B* activity, which "*indirectly suppresses inflammation through the reduction of NF-Kappa.b translation of inflammatory genes after its binding to DNA*", eg. primarily through inhibiting the Aromatase enzyme.

In addition, Pine may help with symptoms of metabolic disease through improved weight loss, glucose regulation, and insulin sensitivity.[13] Finally, pine bark is a *wonderful* antioxidant.[14]

Keep in mind that improved blood-flow is man-boosting in its *own* way, if you

catch our drift!

## Elim1nate Dosage Instructions



The dosage instructions are a bit broken here, but they state to take it with meals, 3-4 caps total per day, no more than 4 in a day!

Olympus Labs suggests you **take Elim1nate with meals**, *one capsule* with each meal. Note that this means 3-4 capsules per day total. If you're the kind of person who eats six meals a day, space your 3 or 4 capsules out and try to hit your biggest meals with it.

## Conclusion: A Simple and Effective Two-Hit Punch

Elim1nate is a *tag-team* product that shows how a formula can be simple, solid, and novel. Both herbs work off of each other to inhibit aromatase in order to help lower serum estrogen levels. Luteolin and pine bark also both improve *several* general health parameters, improved weight loss being just one example.

Just like the one we recently blogged about (**Superior Protein**), Elim1nate is an



interesting product. The research on luteolin alone really got us interested, and this could definitely be for more than just AI use! At this point, it's difficult to surprise a website dedicated to supplements and ingredients, yet Olympus Labs nearly surprises us every time they drop a new product!

Don't sleep on Eliminate just because it's a two-ingredient label – this could be a very effective supplement to stack in, but as always, if you're on prohormones or harsh anabolics/androgens, there's only one way to find out: with before and after blood tests!

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