



**Scientists found olive oil's major health promoting compound - polyphenols**  
Researchers attribute many benefits of the Mediterranean diet to polyphenols, found in extra virgin olive oil. These antioxidant compounds may reduce risks of heart disease, diabetes, some types of cancer and Alzheimer's disease.

A recent study published in the European Journal of Clinical Nutrition highlights the most significant findings on olive oil health benefits over the last decade. The researchers have found robust evidence that adherence to the Mediterranean diet, with extra virgin olive oil as a primary source of fat, is associated with reduced risk of many chronic diseases.

### **Cardiovascular diseases**

The European Food Safety Authority has confirmed that olive oil's phenolic compound hydroxytyrosol has a protective effect on low-density lipoproteins (LDL) and may reduce risks of cardiovascular diseases. Experts concluded, that to reach this effect, 5mg of hydroxytyrosol in olive oil should be consumed daily.

### **Diabetes**

Research published in the Journal of Translational Medicine shows that the antioxidant activity of extra virgin olive oil's phenolic compounds (oleuropein and hydroxytyrosol) have a protective effect against diabetes and several other metabolic diseases.

### **Cancer**

Several epidemiological studies in humans show that olive oil's polyphenols have anti-tumour and anti-inflammatory effects associated with a lower risk of certain types of cancer.

### **Alzheimer's disease**

Consumption of extra virgin olive oil within the Mediterranean diet has been associated with reduced incidence of Alzheimer's disease, an irreversible, age-associated disorder causing progressive memory loss. The researchers say that such a dietary approach protects memory and learning ability, reduces brain inflammation and other markers of Alzheimer's disease.

Sources:

[European Journal of Clinical Nutrition](#)

[European Food Safety Authority](#)

[Journal of Translational Medicine](#)

[Hydroxytyrosol and potential uses in cancer](#)

[Extra-virgin olive oil and Alzheimer's disease](#)

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