ANTIOXIDANT EFFECTS OF A HYDROXYTYROSOL-BASED PHARMACEUTICAL FORMULATION ON BODY COMPOSITION, METABOLIC STATE, AND GENE EXPRESSION: A RANDOMIZED DOUBLE-BLINDED, PLACEBO-CONTROLLED CROSSOVER TRIAL.

1)Trombetta D. 2)Di renzo L. 3)Smeriglio A. 4)Bernardini S. 5)Cioccoloni G. 6)Miranda R. 7)Gualtieri P. 8)De lorenzo A.

University of Messina

Hydroxytyrosol (3,4 dihydroxyphenylethanol; 3,4-DHPEA or HT), the most abundant phenolic compound in extra virgin olive oil (EVOO) plays a significant role in cardiovascular diseases (CVDs) protection and its metabolites are able to protect from the endothelial dysfunction commonly present in atherosclerosis. This randomized double-blinded, placebo-controlled crossover trial study was carried outto determine the effect in healthy volunteers of two gastro-resistant capsules containing 15mg/day of HT, for a 3-week period (HTT). Evaluation of nutritional, serum metabolites, oxidative stress biomarkers and gene expression of 9 genes related to oxidative stress, inflammation and CVDs was performed. Oxidation biomarkers like thiols groups (p= 0.000), total antioxidant status (TAS) (p= 0.00), superoxide dismutase-1 (SOD1) (2-ΔΔCt = 3.7) and plasma concentration of HT (2.83 mg mL-1) were significant increased, while nitrite (p= 0.00), nitrate (p= 0.001) and malondialdehyde (MDA) (p= 0.02) were drastically reduced after HTT. A significant reduction of body fat mass percentage (p= 0.01), suprailiac skinfold (p= 0.01) and weight (p= 0.04; Δ%= -0.46%) was observed after HTT. Results show that regular intake of 15 mg/day of HT changed body composition parameters, modulated anti-oxidant profile and the expression of inflammation and oxidative-stress-related genes. However, it is advisable a personalization of HT doses in order to exert its health benefits in CVDs prevention and protection of LDL-C particles from oxidative damage.