

# The effect of olive oil on oxidative damage in European populations

**Submission date**  
08/12/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
06/01/2006

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
03/07/2015

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Study website

<http://www.kepka.org/eurolive>

## Contact information

### Type(s)

Scientific

### Contact name

Dr María Isabel Covas

### Contact details

Lipids and cardiovascular Epidemiology Unit  
Institut Municipal d'Investigació Mèdica (IMIM)  
Carrer Dr. Aiguader, 80  
Barcelona  
Spain  
08003  
+34 (0)932257571  
[mcovas@imim.es](mailto:mcovas@imim.es)

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

QLK1-CT-2001-00287

# Study information

## Scientific Title

The effect of olive oil on oxidative damage in European populations

## Acronym

EUROLIVE

## Study objectives

Olive oil consumption will provide benefits on oxidative damage. These benefits will increase with the phenolic content of the olive oil.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Randomised crossover controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised cross over trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied

Oxidative damage to lipids

## Interventions

Three types of olive oil with differences in their phenolic content (25 ml per day). Intervention periods of three weeks separated by two week-washout periods.

## Intervention Type

Other

## Primary outcome measure

Oxidative damage to lipids and Deoxyribonucleic Acid (DNA)

**Secondary outcome measures**

Lipids and lipoprotein metabolism

**Overall study start date**

20/09/2002

**Completion date**

30/06/2003

**Eligibility****Key inclusion criteria**

Healthy, non-smoking, voluntary men aged 20 - 60 years

**Participant type(s)**

Healthy volunteer

**Age group**

Adult

**Sex**

Male

**Target number of participants**

180 participants from 6 Centres of 5 European countries

**Key exclusion criteria**

1. Intake of antioxidant supplements
2. Intake of acetosalicylic acid
3. Intake of any other drug with established antioxidative properties
4. Athletes with high physical activity (greater than 3000 kcal per week in leisure-time physical activity)
5. Obesity (Body Mass Index [BMI] greater than 32 kg per m<sup>2</sup>)
6. Hypercholesterolemia greater than 8.0 mmol per litre or dyslipemia therapy indication
7. Diabetes
8. Multiple allergies
9. Celiac or other intestinal diseases
10. Any condition that limits the mobility of the subject making study visits impossible
11. Life threatening illnesses such as cancer or a severe disease with a less than 3-year expectancy
12. Other diseases or conditions that could worsen adherence to the measurements or treatments
13. Vegetarians and people following special diets

**Date of first enrolment**

20/09/2002

**Date of final enrolment**

30/06/2003

# Locations

## Countries of recruitment

Spain

## Study participating centre

Institut Municipal d'Investigació Mèdica (IMIM)

Barcelona

Spain

08003

# Sponsor information

## Organisation

European Commission, Research Directorate

## Sponsor details

Rue de la Loi 200

Brussel

Belgium

B-1049

+32 (0)2 296 18 65

callum.searle@cec.eu.int

## Sponsor type

Other

## Website

<http://www.cordis.lu>

## ROR

<https://ror.org/00k4n6c32>

# Funder(s)

## Funder type

Government

## Funder Name

European Commission (Belgium) (ref: QLK1-CT-2001-00287)

## Alternative Name(s)

European Union, Comisión Europea, Europäische Kommission, EU-Kommissionen, Euroopa Komisjoni, Ευρωπαϊκή Επιτροπή, Европейская комиссия, Evropské komise, Commission européenne, Choimisiúin Eorpaigh, Europskoj komisiji, Commissione europea, La Commissione europea, Eiropas Komisiju, Europos Komisijos, Európai Bizottságról, Europese Commissie, Komisja Europejska, Comissão Europeia, Comisia Europeană, Európskej komisii, Evropski komisiji, Euroopan komission, Europeiska kommissionen, EC, EU

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	05/09/2006		Yes	No
<a href="#">Results article</a>	results	01/05/2012		Yes	No
<a href="#">Results article</a>	results	01/08/2015		Yes	No