

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

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
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

Study type(s)

Treatment

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(s)

Oxidative damage to lipids and Deoxyribonucleic Acid (DNA)

Key secondary outcome(s))

Lipids and lipoprotein metabolism

Completion date

30/06/2003

Eligibility**Key inclusion criteria**

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

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Sex

Male

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 m²)
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

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, EC, EU

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	05/09/2006		Yes	No
Results article	results	01/05/2012		Yes	No
Results article	results	01/08/2015		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes