ISRCTN09220811 https://doi.org/10.1186/ISRCTN09220811

The effect of olive oil on oxidative damage in European populations

Submission date 08/12/2005	**Recruitment status** No longer recruiting
Registration date 06/01/2006	**Overall study status** Completed
Last Edited 03/07/2015	**Condition category** Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

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

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

Primary study design
Interventional

Study design
Randomised crossover controlled trial

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 m^2)
6. Hypercholestrolemia 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