

**REVISIÓN DE BIBLIOGRAFÍA PUBLICADA:  
OLIVACTIV™-HIDROXITIRO SOL Y SALUD.**

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- **Información de Biodisponibilidad**

Una alta biodisponibilidad de los fenoles del olivar en general y del hidroxitirosol en particular han sido reportadas por diversos estudios científicos, como puede concluirse de las siguientes afirmaciones extraídas de los abajo citados artículos:

1. *Los datos obtenidos en el presente estudio **confirman la absorción de tirosol e hidroxitirosol** después de la ingesta de aceite de oliva. Un descubrimiento importante de esta investigación es que el **tirosol e hidroxitirosol** urinarios han sido absorbidos de forma sostenida con una dosis moderada de aceite de oliva virgen extra en su forma natural<sup>1</sup>*
2. *Hemos encontrado que **tirosol e hidroxitirosol pueden ser absorbidos en el sistema circulatorio sistémico después de ingestión oral**. De acuerdo con esto, los compuestos fenólicos como **tirosol e hidroxitirosol demuestran ser absorbidos sistémicamente** y por tanto capaces de ejercer acción antioxidante directa<sup>2</sup>*

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<sup>1</sup> E Miró-Casas, M-I Covas, M Fitó, M Farré-Albadalejo, J Marrugat and R de la Torre. **Tirosol and hydroxytyrosol are absorbed from moderate and sustained doses of virgin olive oil in humans.** European Journal of Clinical Nutrition (2003) 57, 186–190

<sup>2</sup> Kellie L. Tuck, Matthew P. Freeman, Peter J. Hayball, Graham L. Stretch and Ieva Stupans **The in vivo fate of Hydroxytyrosol and Tyrosol, antioxidant phenolic constituents of olive oil, after intravenous and oral dosing of labeled compounds to rats.** Nutrient Metabolism—Research Communication

3. Los datos **demuestran claramente una absorción de estos fenoles simples dosis dependiente y no excesiva** (al menos a las dosis empleadas) de estos fenoles.<sup>3</sup>

4. Estimamos que al menos 55–66 mol/100 mol de los fenoles del aceite de oliva ingeridos son absorbidos en nuestros voluntarios y que 5–16 mol/100 mol son re-excretados como **tirosol e hidroxitirosol** en la orina<sup>4</sup>.

5. En conclusión, los datos de la literatura sobre los **efectos biológicos de hidroxitirosol, junto con nuestros hallazgos sobre la ausencia de toxicidad y la rápida absorción de la molécula hacen de este fenol natural un buen candidato para nuevas estrategias terapéuticas**<sup>5</sup>.

- **Prevención de enfermedades cardiovasculares.**

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<sup>3</sup> Francesco Visioli, Claudio Galli, Francis Bornet, Alissa Mattei, Rossana Patelli, Giovanni Galli, Donatella Caruso. **Olive oil phenolics are dose-dependently absorbed in humans.** FEBS Letters 468 (2000) 159-160

<sup>4</sup> Maud N. Vissers, Peter L. Zock, Annet J.C. Roodenburg, Rianne Leenen and Martijn B. Katan. **Olive Oil Phenols Are Absorbed in Humans.** Human Nutrition and Metabolism

<sup>5</sup> Stefania D'angelo, Caterina Manna, Valentina Migliardi, Orazio Mazzoni, Patrizia Morrica, Giovanni Capasso, Gabriele Pontoni, Patrizia Galletti, and Vincenzo Zappia. **Pharmacokinetics and metabolism of hydroxytyrosol, a natural antioxidant from olive oil.** Drug Metabolism And Disposition Vol. 29, No. 11

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Vasculoprotective potential of olive oil components. Maria Annunziata Carluccio, Marika Massaro, Egeria Scoditti<sup>1</sup>, and Raffaele De Caterina. *Mol. Nutr. Food Res.* 2007, 51, 1225 – 1234

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