

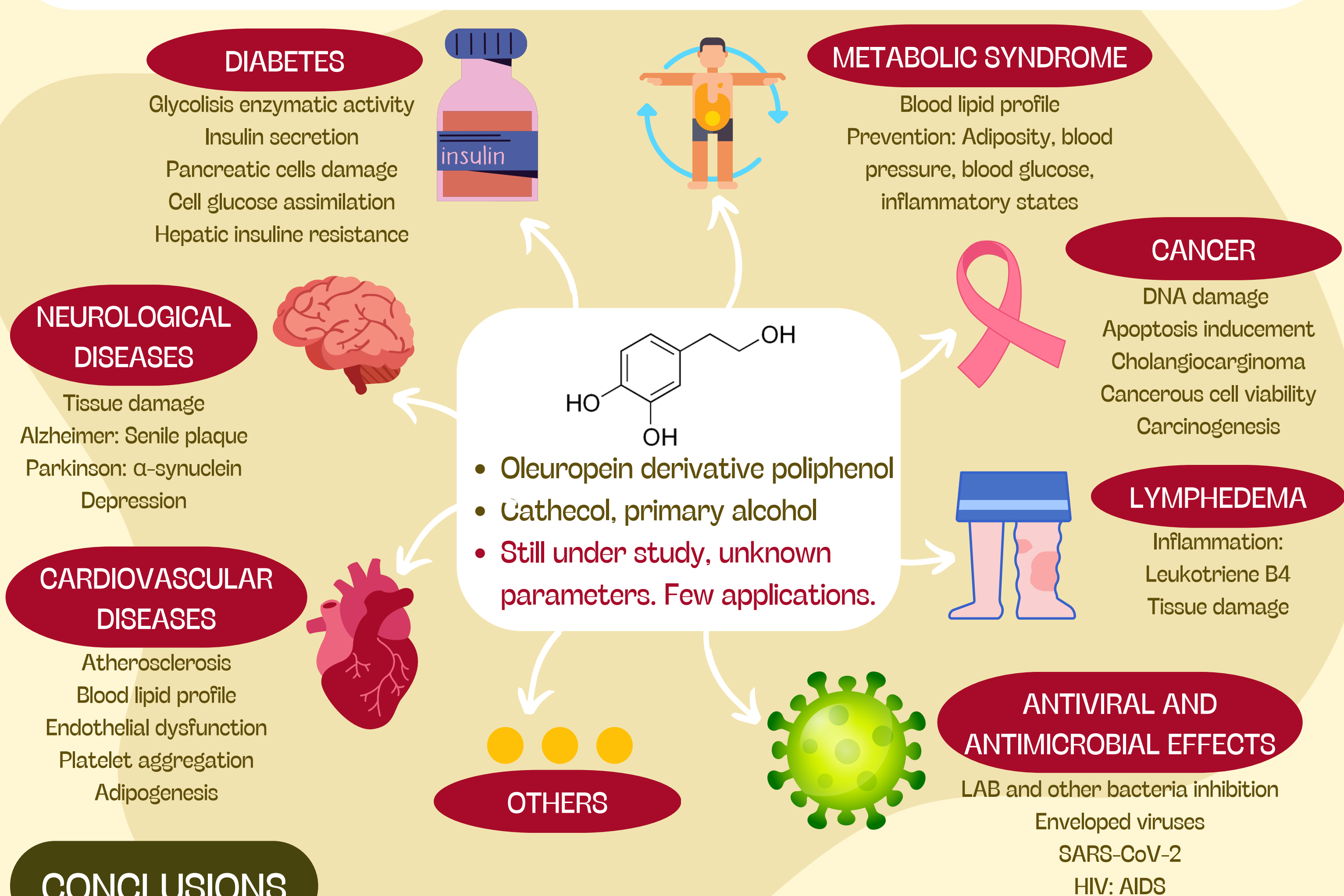
Olive oil as a source of HYDROXYTYROSOL: a molecule with great pharmacological potential

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OBJECTIVES

1. Olive oil background and hydroxytyrosol analysis and description.
2. Gather accurate data from scientific studies about the beneficial effects of the molecule, selecting the most relevant information.
3. Learn about the current applications of the molecule in different fields.



CONCLUSIONS

1. Hydroxytyrosol is an incredibly healthy contribution to the Mediterranean diet, and a food asset to the Spanish population, due to its wide access to olive oil. Extra virgin olive oil is a great source of hydroxytyrosol, and the molecule's fast metabolism and easy distribution makes it a subject of interest.
2. Hydroxytyrosol has promising properties, either for treatment, prevention or symptom palliation of a great variety of diseases. The molecule's non-toxicity makes it a potential candidate to be used in the healthcare system.
3. Only used in non-medical fields. Expectation of expansion due to further conclusive research.