



Olive Oil: Minor Constituents and Health

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Epidemiological studies indicate that the consumption of natural antioxidants from such plant-derived sources as olive oil produces beneficial health effects. Olive Oil: Minor Constituents and Health provides a balanced understanding of the pharmacological properties of phenols and other bioactive ingredients in the composition of olive oil. It discusses recent technological developments to retain optimal levels of bioactive ingredients as well as methodologies for the future study of olive oil's biological effects. The text covers research on the bioavailability of olive oil phenols and addresses the role of olive oil in the prevention of cardiovascular disease and certain types of cancer.

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