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Sommario/riassunto

Long used in sacred ceremonies and associated with good health, the nutritional and health promoting benefits of olives and olive oils have been proven by an ever-increasing body of science. From cardiovascular benefits to anti-microbial, anti-cancer, antioxidant activity and effects on macrophages and apoptosis to cellular and pathophysiological process, olives and olive oils are proving important in many healthful ways. For example, reactive components in olive oils or olive oil by-products have now been isolated and identified. These include tyrosol, hydroxytyrosol, 3,4-dihydro
