

**THE EFFECT OF OLIVE LEAF EXTRACT ON CARDIOVASCULAR HEALTH
MARKERS: A RANDOMIZED PLACEBO-CONTROLLED CLINICAL TRIAL**

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Yala Stevens^{1,2}, Bjorn Winkens³, Daisy Jonkers¹, Adrian Masclee¹

¹ Department of Internal Medicine, Division of Gastroenterology-Hepatology, School of Nutrition and Translational Research in Metabolism (NUTRIM), Maastricht University, Maastricht, The Netherlands

² BioActor BV, Maastricht, The Netherlands

³ Department of Methodology and Statistics, Care and Public Health Research Institute (CAPHRI), Maastricht University, Maastricht, the Netherlands.

Corresponding author

Yala Stevens

E-mail: yala.stevens@maastrichtuniversity.nl

SUPPLEMENTAL TABLES

Supplemental Table 1. Liver function parameters at baseline and after 8 weeks of supplementation

	Placebo		OLE		<i>Uncorrected</i> <i>P</i> value
	Baseline	8 weeks	Baseline	8 weeks	
ALP (U/l)	72.9 ± 3.0	72.5 ± 3.3	77.0 ± 2.9	78.1 ± 3.2	0.425
GGT (U/l)	32.6 ± 3.8	32.0 ± 3.8	25.1 ± 3.7	25.1 ± 3.8	0.792
AST (U/l)	23.8 ± 1.1	22.4 ± 1.4	23.7 ± 1.1	23.7 ± 1.4	0.320
ALT (U/l)	27.3 ± 2.1	26.7 ± 2.9	27.1 ± 2.1	29.3 ± 2.9	0.246
Bilirubin (μmol/l)	10.3 ± 1.0	11.6 ± 1.1	9.0 ± 1.0	9.6 ± 1.1	0.600

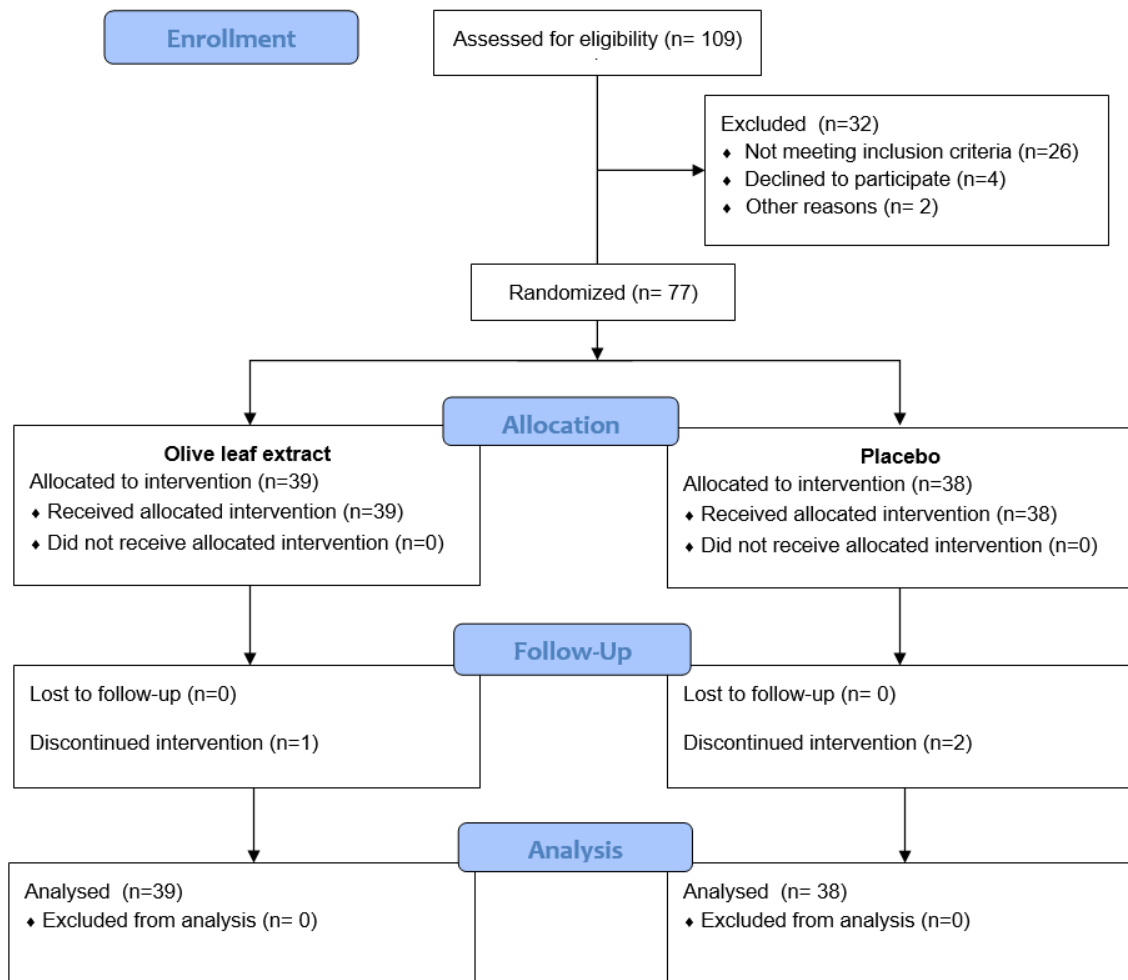
All values are presented as mean ± SEM. Differences between the placebo and OLE after 8 weeks of supplementation were compared with an unstructured linear mixed model with correction for baseline values. ALP, alkaline phosphatase; GGT, gamma-glutamyl transferase; AST, aspartate aminotransferase; ALT, alanine aminotransferase.

Supplemental Table 2. GSRS sub scores, stool frequency and stool consistency at baseline, after 4 weeks and after 8 weeks of supplementation

	Placebo			OLE			<i>Uncorrected</i>	<i>Uncorrected</i>
	Baseline	4 weeks	8 weeks	Baseline	4 weeks	8 weeks	<i>P</i> ₁	<i>P</i> ₂
Abdominal pain	1.4 ± 0.1	1.4 ± 0.1	1.4 ± 0.1	1.5 ± 0.1	1.4 ± 0.1	1.5 ± 0.1	0.941	0.768
Reflux	1.3 ± 0.1	1.2 ± 0.1	1.2 ± 0.1	1.3 ± 0.1	1.3 ± 0.1	1.4 ± 0.1	0.750	0.215
Diarrhea	1.4 ± 0.1	1.7 ± 0.1	1.5 ± 0.1	1.4 ± 0.1	1.6 ± 0.1	1.7 ± 0.1	0.589	0.379
Indigestion	1.9 ± 0.1	1.6 ± 0.1	1.7 ± 0.1	1.9 ± 0.1	1.8 ± 0.1	1.9 ± 0.1	0.137	0.202
Constipation	1.5 ± 0.1	1.5 ± 0.1	1.6 ± 0.1	1.4 ± 0.1	1.4 ± 0.1	1.5 ± 0.1	0.798	0.652
Stool frequency	1.6 ± 0.2	1.7 ± 0.1	1.7 ± 0.1	1.5 ± 0.2	1.4 ± 0.1	1.3 ± 0.1	0.195	0.160
Stool type ^a	3.7 ± 0.2	3.8 ± 0.2	3.8 ± 0.2	3.5 ± 0.2	3.7 ± 0.2	3.6 ± 0.2	0.557	0.879

All values are presented as mean ± SEM. Differences between the placebo and OLE were compared with an unstructured linear mixed model with correction for baseline values. *P*₁ and *P*₂ represent the *P* values for the difference in estimated means after 4 and 8 weeks of intervention, respectively, between placebo and OLE, corrected for baseline differences. GSRS, gastrointestinal symptom rating scale. ^a Values represent average self-reported scores over a period of 1 week.

SUPPLEMENTAL FIGURES



Supplemental Figure 1. CONSORT flow diagram