

# High Phenolic Olive Oil for Enhancing Metabolic Health: a Randomized-controlled Trial in Patients With cEntral Obesity (HOPE)

NCT07445503

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Peloponnese
Enrollment	80 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Adult men and women 18-80 years of age,
- Overweight/obesity (body mass index  $\geq 25$  or waist circumference  $\geq 94$  cm for males and  $\geq 80$  cm for females), and
- The presence of at least one of the following metabolic abnormality: (1) triglyceride level  $\geq 150$  mg/dL or HDL cholesterol  $\leq 40$  mg/dL in men and  $\leq 50$  mg/dL in women; (2) increased blood pressure  $\geq 130/85$  mm Hg; (3) elevated fasting blood sugar  $\geq 100$  mg/dL; (4) standardized drug treatment regimen, and
- Provided signed informed consent for participation.

### Exclusion (7)

- Concomitant acute or chronic disease (e.g., infection, cancer, chronic heart failure, kidney disease, autoimmune diseases like rheumatoid arthritis, inflammatory bowel diseases, Hashimoto),
- Untreated diabetes,
- Women at pregnancy or lactation,
- Individuals with psychiatric or mental disorder,
- Any use of antioxidant-phytochemical rich supplement, anti-, pre- or probiotics pre-intervention,
- ... and 2 more (see full listing online)

## Locations (1 total)

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Antikalamos Facilities of University of Peloponnese, Kalamata, Greece

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<https://clinicaltrials.gov/study/NCT07445503>

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