

**Table S1.** Results from PREDIMED study on lipid metabolism, immune system, and obesity.

DURATION	N	EFFECTS OF MEDITERRANEAN DIET SUPPLEMENTED WITH VOO	REFERENCE
5 years	7447	No changes in bodyweight ↓weight gain in central adiposity	[189]
1 year	1139	Participants in the highest tertile of changes in urinary phenolics: ↓VCAM-1 ↓intercellular adhesion molecule ↓interleukin 6 ↓tumour necrosis factor alpha monocyte ↓chemotactic protein 1	[190]
1 year	930	↓oxidized LDL	[3]
1-year	296	↑HDL functionality	[191]
1 year	210	↑ LDL resistance against oxidation ↓ LDL oxidative modifications ↑ LDL particle size ↑ LDL-cholesterol rich particles ↓LDL particles cytotoxicity	[192]
3 months	772	↑ HDL ↑ apo-A1 ↓cholesterol/HDL ↓ LDL/HDL	[193]
3 months	551	↑apo-A1	[194]
3 months	106	↓C-reactive protein ↓monocytary adhesion molecules ↓chemokines	[193]
3-months	50	↑ VLDL-cholesterol ↑ VLDL-TG content ↑ TG/apoB ratio in VLDL	[195]

apo, apolipoprotein; TG, triglycerides;VCAM-1, vascular cell adhesion molecule 1; VOO, virgin olive oil;

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