Claims

1. Use of a pharmaceutical composition, derivable from an extract of olive fruits (Olea Europaea) comprising hydroxytyrosol (HT), in the manufacture of a medicament for treatment of overweight subjects, having a body-mass index of above 25 kg/m^2, wherein the body-mass index, fat mass and visceral fat are to be reduced, wherein the subject is to receive a daily dose between 15 and 20 mg HT.

2. The use according to claim 1, wherein the subject is female, preferably a middle-aged (30-50 years) woman.

3. The use according to claim 1 or 2, wherein the pharmaceutical composition is in the form of tablets, lozenges, powders or granules, or encapsulated in hard capsules, or encapsulated in soft capsules of gelatin or vegetable origin, or in the form of a syrup or elixir.

4. The use according to any one of claims 1 to 3, wherein the daily dose of HT is 15 mg and is provided for 1 month, 3 months or 6 months.

5. Use of a soft capsule in oval or oblong or round form with a volume of up to 2.50 ml in the manufacture of a medicament for the treatment of overweight subjects, having a body-mass index of above 25 kg/m^2, wherein the soft capsule comprises an outer shell and 100 mg to 2000 mg of a liquid core composition, comprising a pharmaceutical composition, derivable from the extract of olive fruits (Olea Europaea) comprising hydroxytyrosol (HT), wherein the body-mass index, fat mass and visceral fat are to be reduced, wherein the subject is to receive a daily dose between 15 and 20 mg HT.

6. The use according to claim 5, wherein the soft capsule comprises 300 mg to 500 mg of a liquid core composition.

7. The use according to claim 5 or 6, wherein the daily dose of HT is 15 mg and is provided for 1 month, 3 months or 6 months.