

Claims

1. A pharmaceutical composition, derivable from an extract of olive fruits (*Olea Europaea*) comprising hydroxytyrosol (HT), for use in the treatment of overweight subjects, having a body-mass index of above 25 kg/m², in order to reduce the body-mass index, fat mass and visceral fat, wherein the subject receives a daily dose between 12 and 20 mg HT and preferably 15 mg HT.
2. The pharmaceutical composition according to claim 1, wherein the subject is female, preferably a middle-aged (30-50 years) woman.
3. The pharmaceutical composition according to claims 1 and 2, which 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 is administered in the form of a syrup or elixir.
4. The pharmaceutical composition according to 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. A capsule of a size suitable for easy swallowing, comprising an outer shell and 100 mg to 2000 mg of a liquid core composition, comprising the pharmaceutical composition of claim 1.
6. The capsule according to claim 5, comprising 300 mg to 500 mg of a liquid core composition.
7. The capsule according to anyone of the claims 5 and 6, wherein the daily dose of HT is 15 mg and is provided for 1 month, 3 months or 6 months.
8. Use of a nutrition or dietary supplement, comprising a composition according to any one of the preceding claims 1 to 4 or a capsule according to claims 5 to 7, to reduce the body-mass index, fat mass and visceral fat.