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/m^2, in order to reduce the body-mass index, fat mass and visceral fat, wherein the subject receives a daily dose between 15 and 20 mg HT.

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

3. The pharmaceutical composition for the use according to claim 1 or 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 for 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. A soft capsule in oval or oblong or round form with a volume of up to 2.50 ml, comprising 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), for use in the treatment of overweight subjects, having a body-mass index of above 25 kg/m^2, .in order to reduce the body-mass index, fat mass and visceral fat, wherein the subject receives a daily dose between 15 and 20 mg HT.

6. The capsule for the use according to claim 5, comprising 300 mg to 500 mg of a liquid core composition.

7. The capsule for 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.

8. Use of a non-therapeutic nutrition or dietary supplement for human beings having a body-mass index of above 25 kg/m^2, 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, wherein the human being receives a daily dose between 15 and 20 mg HT.