# Claims

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

6. The ~~capsule for the~~ use according to claim 5, wherein the soft capsule ~~comprising~~ comprises 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.~~