

Extra-virgin olive oil enhances the blood-brain barrier function in mild cognitive impairment: a randomized controlled trial

Amal Kaddoumi^{1,2*}, Thomas S. Denney Jr.^{2,3}, Gopikrishna Deshpande²⁻⁹, Jennifer L. Robinson^{2,3,4}, Ronald J. Beyers³, David T. Redden¹⁰, Domenico Pratico¹¹, Tassos C. Kyriakides¹², Bonian Lu³, Anna N. Kirby¹³, Darren T. Beck¹⁴, Nancy D. Merner¹⁵

¹ Department of Drug Discovery and Development, Harrison College of Pharmacy, Auburn University. Auburn, AL, USA

² Center for Neuroscience, Auburn University, Auburn, AL, USA.

³ Auburn University MRI Research Center, Department of Electrical & Computer Engineering, Auburn University, Auburn, AL, USA

⁴ Department of Psychological Sciences, Auburn University, Auburn, AL, USA.

⁵ Alabama Advanced Imaging Consortium, Birmingham, AL, USA.

⁶ Key Laboratory for Learning and Cognition, School of Psychology, Capital Normal University, Beijing, China.

⁷ Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore, India.

⁸ Centre for Brain Research, Indian Institute of Science, Bangalore, India.

⁹ Department of Heritage Science and Technology, Indian Institute of Technology, Hyderabad, India.

¹⁰ Biomedical Affairs and Research, Edward Via College of Osteopathic Medicine, Auburn University. Auburn, AL, USA

¹¹ Alzheimer's Center at Temple, Lewis Katz School of Medicine Temple University, Philadelphia, PA, USA

¹² Yale School of Public Health, New Haven, CT, USA

¹³ Department of Cell Biology and Physiology and Preventive Medicine and Public Health, Edward Via College of Osteopathic Medicine, Auburn University. Auburn, AL, USA

¹⁴ Department of Cell Biology and Physiology, Via College of Osteopathic Medicine, Auburn University. Auburn, AL, USA

¹⁵ Department of Pathobiology, College of Veterinary Medicine, Auburn University. Auburn, AL, USA

* Correspondence

Amal Kaddoumi, Department of Drug Discovery & Development, Harrison College of Pharmacy, Auburn University, 720 S. Donahue Dr., Auburn, AL 36849.

Email: kaddoumi@auburn.edu

Table S1. ROO 6 months > baseline task-rest differences.

z	x	y	z	Lobe	Region	BA	
3.09	-50.77	10.85	24.92	Frontal	Left Inferior Frontal Gyrus	9	
3.02	-43.23	1.42	22.54			44	
2.98	-47.01	4.89	28.17				
3.07	-54.55	10.99	23.09		Left Medial Frontal Gyrus	6	
2.94	-45.11	1.66	18.93			6	
3.30	0.23	1.07	51.74		Left Middle Frontal Gyrus		
3.34	-31.93	7.04	51.93				
3.30	-28.10	13.05	46.91				
3.01	-26.23	14.35	56.06				
2.99	-26.23	7.34	46.55				
2.58	-24.36	5.20	50.05				
2.55	-24.35	1.75	44.39				
3.20	-37.46	27.79	26.10		9		
3.73	-39.30	39.41	23.23		10		
3.14	-35.50	39.73	17.84				
2.64	-26.02	39.88	14.29				
2.51	-31.72	43.14	23.52				
2.49	-27.93	43.11	23.54				
3.37	0.24	4.87	51.99		Left Superior Frontal Gyrus	6	
3.13	34.58	33.04	-5.69		Right Inferior Frontal Gyrus	47	
2.37	30.77	30.83	-0.42				
2.87	40.27	43.90	2.30		Right Medial Frontal Gyrus	6	
3.46	2.19	14.79	45.41			9	
3.41	36.43	46.10	27.75		Right Middle Frontal Gyrus		
3.06	36.44	46.33	24.14				
2.98	36.42	40.65	23.77				
2.98	40.24	46.53	20.56				
3.05	40.26	47.00	13.35				
3.04	40.27	50.79	13.60				
3.02	34.59	43.84	4.07				
2.77	30.79	43.52	9.45				
2.76	28.92	49.34	8.01				
2.90	32.59	34.41	32.39		Right Superior Frontal Gyrus	9	
3.29	34.57	50.26	22.58			10	
2.95	-3.48	9.73	35.99	Limbic	Left Cingulate Gyrus	24	
3.38	-1.60	9.49	39.61			32	
2.87	-11.06	9.68	37.75				
3.18	26.53	-76.93	17.87	Occipital	Right Cuneus	18	
4.01	30.29	-75.76	28.83			19	
3.60	30.27	-81.33	26.66		Right Middle Occipital Gyrus	19	
4.16	30.30	-75.53	25.23				
3.35	-35.91	-58.35	33.17	Parietal	Left Angular Gyrus	39	
3.06	-32.11	-52.81	35.37		Left Inferior Parietal Lobule	40	
3.04	-56.65	-35.53	36.34				
3.17	-43.40	-37.31	32.69		Left Supramarginal Gyrus	40	
3.11	-37.77	-48.85	33.78				
3.23	49.36	-30.89	39.10		Right Inferior Parietal Lobule	40	
3.19	51.20	-40.73	43.90				
3.10	47.44	-35.01	44.25				
3.06	41.74	-38.87	45.78		Right Postcentral Gyrus	2	
3.22	49.36	-29.23	42.83			7	
2.85	28.41	-64.95	38.57		Right Precuneus	19	
3.35	32.19	-72.22	32.69				
3.12	-33.69	8.30	3.14	Sub-lobar	Left Claustrum		
2.92	-27.94	25.42	2.48				
3.59	-31.76	19.54	5.69		Left Insula	13	
3.15	-39.34	12.37	-0.25				
3.67	28.84	23.15	0.87		Right Claustrum		
3.64	28.84	17.81	-4.90				
3.54	36.37	15.15	5.83		Right Insula	13	
2.65	40.16	11.67	0.20				
3.54	-32.12	-60.16	31.27	Temporal	Left Middle Temporal Gyrus	39	

Table S2. EVOO group baseline > 6-month task-rest differences.

z	x	y	z	Lobe	Region	BA
3.12	-37.58	9.34	46.61	Frontal	Left Middle Frontal Gyrus	6
2.83	-33.81	3.85	42.66			9
3.15	-43.23	8.30	33.85			
2.83	-47.00	12.13	34.07		Left Precentral Gyrus	6
2.98	-37.58	2.45	35.31			
2.84	-33.79	0.75	31.60			



C2122-00408

World Olive Center for Health

76 Imittou St. 5th floor
11634, Pagkrati, Athens
Tel: 2107010131
info@worldolivecenter.com

Athens: 30/11/2021
Cert. Num: C2122-00408

CERTIFICATE OF ANALYSIS

Brand Name: The Governor Limited Edition
Owner: G DAFNIS AND S DAFNIS SA
Variety: LIANOLIA
Origin: AGIOS MATTHAIOS KERKYRA GREECE
Harvesting Period: October 2021
Oil Press: G DAFNIS AND S DAFNIS SA

Analysis Date: 09/11/2021

Chemical Analysis

Oleocanthal	621	mg/Kg
Oleacein	344	mg/Kg
Oleocanthal+Oleacein (index D1)	965	mg/Kg
Ligstroside aglycon (monoaldehyde form)	44	mg/Kg
Oleuropein aglycon (monoaldehyde form)	41	mg/Kg
Ligstroside aglycon (dialdehyde form)*	97	mg/Kg
Oleuropein aglycon (dialdehyde form)**	34	mg/Kg
Free Tyrosol	20	mg/Kg
Total tyrosol derivatives	782	mg/Kg
Totalhydroxytyrosol derivatives	419	mg/Kg
Total polyphenols analyzed	1.201	mg/Kg

Comments:

The chemical analysis was performed according to the method that has been submitted to EFET and published in J Agric Food Chem, 2012, 60,11696, J Agric Food Chem, 2014,62, 600-607 & Molecules, 2020, 25, 2449. *Oleomissional+Oleuropeindial
**Ligstrodiol+Oleokoronol

Magiatis Prokopios

PROKOPIOS MAGIATIS
ASSOCIATE PROFESSOR
UNIVERSITY OF ATHENS
FACULTY OF PHARMACY
DEPARTMENT OF PHARMACOGNOSY
AND NATURAL PRODUCTS CHEMISTRY