



Olio EXTRA VERGINE di Oliva

# Healthy characteristics

## Prevent obesity



**Membrane and DNA are more protected with the monounsaturated fatty acids (oleic acid)**

**The monounsaturated fatty acids are lipids characterized by having a double bond between all those present of the various carbon atoms; they differ from the saturated fatty acids (which possess only single bonds) and polyunsaturated fatty acids (which instead have many double bonds).**

**They are considered "good" fatty acid, as they facilitate the replacement of LDL cholesterol in the blood, which causes heart attacks and vascular obstructions, with HDL cholesterol, which not represent a danger to the body.**

**The Mediterranean diet, known for its positive effects on health, owes this merit especially to the use of olive oil every day, unlike other types of diets that use saturated fats of animal origin (e.g. in Central and Northern Europe).**

OlioVitali guarantees you these peculiarities