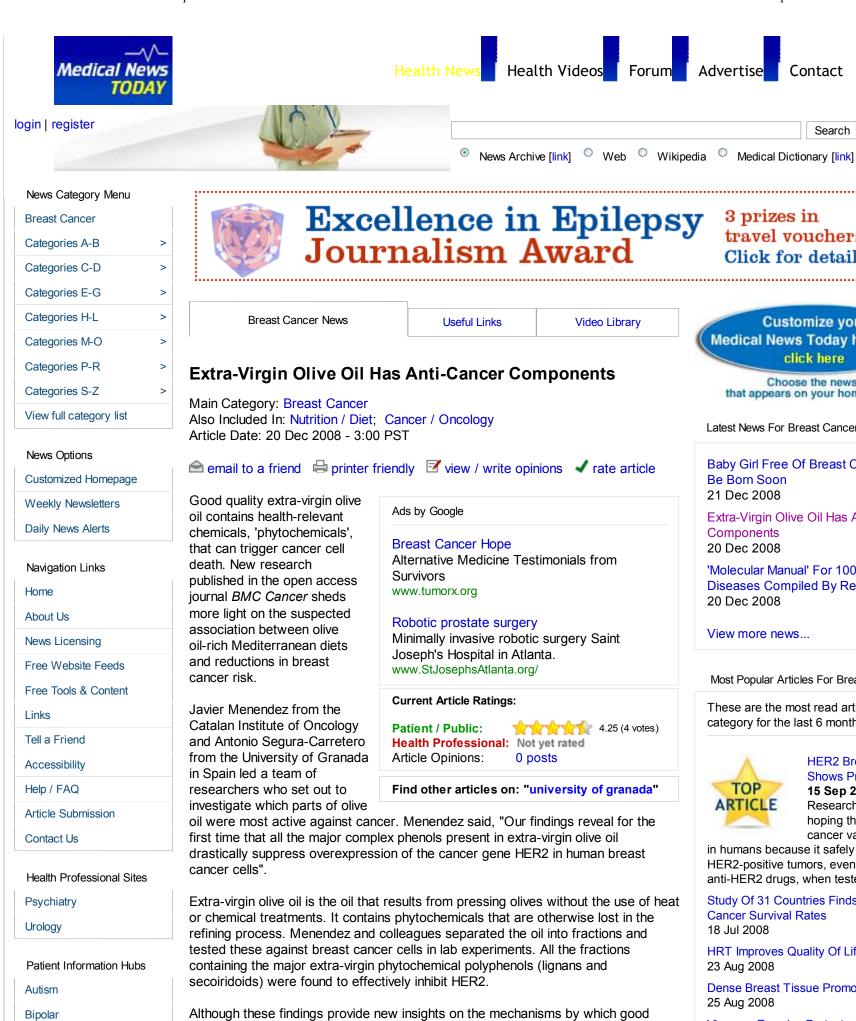
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refining process. Menendez and colleagues separated the oil into fractions and

Although these findings provide new insights on the mechanisms by which good quality oil, i.e. polyphenol-rich extra-virgin olive oil, might contribute to a lowering of breast cancer risk in a HER2-dependent manner, extreme caution must be applied when applying the lab results to the human situation. As the authors point out, "The active phytochemicals (i.e. lignans and secoiridoids) exhibited tumoricidal effects against cultured breast cancer cells at concentrations that are unlikely to be achieved in real life by consuming olive oil".

Nevertheless, and according to the authors, "These findings, together with the fact that that humans have safely been ingesting significant amounts of lignans and secoiridoids as long as they have been consuming olives and extra-virgin oil, strongly suggest that these polyphenols might provide an excellent and safe platform for the design of new anti breast-cancer drugs".

Article adapted by Medical News Today from original press release.

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Javier A Menendez, Alejandro Vazquez-Martin, Rocio Garcia-Villalba, Alegria Carrasco-Pancorbo, Cristina Oliveras-Ferraros, Alberto Fernandez-Gutierrez and Antonio Segura-Carretero

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2 de 3 21/12/2008 22:34

3 de 3 21/12/2008 22:34