

**CHARLES UNIVERSITY**  
**FACULTY OF PHARMACY IN HRADEC KRALOVE**

Department: Biological and Medical Sciences Master's degree program in Pharmacy

**Opponent's review of Master's thesis**

Student's name: Angeliki Kavvalou

Mentor of the thesis: Assoc. prof. PharmDr. Miloslav Hronek,  
Ph.D.

Year of the thesis  
defense: 2022

Opponent of the thesis: prof. PharmDr. Petr Nachtigal, Ph.D.

Title of the thesis:  
**Olive oil and health properties**

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Formal comments: number of pages: 68, number of figures: 13, number of tables: ,  
number of references: 71.

Type of work: Literature review

- a) The aim of the thesis is: Fulfilled
- b) Language and graphic level: Very good
- c) Processing of the theory: Very good
- d) Methods description: Not commented, Literature review thesis
- e) Results description: Very good
- f) Discussion and conclusions: Very good

I recommend Diploma thesis for the recognition as Rigorous thesis .

Opponent's comments: The presented literature review diploma thesis is focused on the olive oil description with respect to its therapeutic indications in the current literature. There is an excellent description of the history of olive oil and olive trees, including Greek mythology. Moreover, the details of olive tree production, olive fruit growth, olive oil types, and compositions are described extensively but with much interesting information. Nutritional facts about olives and olive oil are valuable. The chapter about the chemical composition of olive oil is very interesting and informative from the point of pharmacy and chemistry. Finally, the chapter focusing on the benefits of olive oil consumption shows the potential benefits of olive oil and its use in cosmetology.

The questionnaire provides some information about consumers presented by figures showing some interesting information (which type of oil is preferred).

On the other hand, there is some not very precise information, such as "it does not allow the smooth muscle to grow properly. The consequence of this phenomenon is atherosclerosis". This is not accurate with respect to the pathogenesis of atherosclerosis. When discussing the benefit of olive oil, more detailed information should have been mentioned because the information is usually very general and show not many details about the proposed

mechanisms or the number of people involved in the study. The prostate is not exactly part of the digestive system and breasts, as mentioned in the thesis.

The English writing level is average; some parts of the text are harder to follow and understand, for example, the “peptic” system, which I think should be the digestive system. Despite these comments, it is a nice, original, and interesting thesis for prospective readers. Comments:

The text formatting should be 1.5, and the text should be alignment should be in the block.

The list of references should be in order, not separated for books and articles.

The formatting of article references is not exactly the same. For example, page numbers are sometimes abbreviated, sometimes not.

Questions: 1. Is there any difference between Extra Virgin Olive Oil and Virgin Olive Oil with respect to nutrition or health?

2. What is the concentration of Vitamin E and A in olive oil, and is this relevant to recommended dosage of these vitamins for humans?

3. Is there any suggested amount or dose of how much people should consume olive oil?

4. As mentioned in the thesis, is olive oil beneficial in patients with type I diabetes and patients with type II diabetes?

5. Who created the questionnaire? Is there any similar available except yours?

6. How did you choose the consumers for the questionnaire?

**Evaluation of Master’s thesis: Very good**

**Recommendations for the thesis defense: Recommended**

In Hradec Kralove May 30, 2022

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Opponent’s signature