

The study found that table olives processed using the "Greek style" or "natural method" possess distinct antioxidant properties due to their phenolic composition. These olives are rich in hydroxytyrosol, oleuropein, verbascoside, and luteolin, which contribute to their antioxidant activity. The phenolic extract from these olives effectively mitigated oxidative stress and membrane damage in Caco-2 cells exposed to TBH, indicating a protective role in the intestinal lumen where these compounds concentrate prior to absorption.