



Healthy Organic Olive Oils
for Nutrition & Dermocosmetic

**WORLD-WIDE PIONEER RESEARCH OF BIOAVEDA®™©
(SCIENTIFIC PROFILE)**

**DO YOU IMAGINE TO BE LESS DEPENDENT OF CORTICOSTEROIDS,
AND OTHER HARMFUL PRODUCTS THAT DAMAGE
YOUR SKIN AND YOUR ORGANISM?**



[CN: Spanish Pharmaceutical Codes]



Natural Organic Products created by BIOAVEDA for the restoration and differentiation of the Epidermal Lipid Barrier in Atopic Dermatitis, Dry Skin, Psoriasis, Hyperkeratoses, Cutaneous Ageing, and other Skin alterations



oHo: SCIENTIFIC PROFILE®™©

INTRODUCTION

“When I contemplate the data exposed in this my book-chapter about olive oil, oleic acid, Immunology, Skin, and ‘oHo’ in our kidney patients¹, I feel the need to remember all my teachers, and friends, in Immunology, Dermatology and Preventive Medicine: Prof. André Capron (Institute Pasteur, Lille, France), Dr. Michael A. Chirigos (Army for Infectious Diseases & Deputy for Science, USA), Prof. Dr. Thomas B. Fitzpatrick (Harvard Medical School. Mass General Hospital, USA), and Prof. Don Manuel Domínguez Carmona (University Complutense, Madrid, Spain).

It appears to me as a Holy Grail’s miracle, that a natural product, so close to our Mediterranean Civilization, could exhibit the plethora of activities described herein; together with another ones we are now investigating in our lovely patients. Nothing more exciting, however, in our way to search the deep of the Origins of the Life, that to know the Scientific facts that select only some miracles and refuse all frauds. When we try to investigate The Fountains of Life, and we observe that some olive oils are ancestrally immersed in these water-lipid Fountains, it results easier to understand that their preservation, along millions years of Evolution of the Species, has good-strong botanic and anthropologic reasons of being.

If we set aside Neanderthals (*that they were tasteful launched by us*), it is impossible to understand why the so-called *Sapiens sapiens* we have survived so long time without antibiotics, without dialysis, and without other modern medical technologies and medicaments. It appears to me that God (for believers) or Nature (for agnostics), [or both, in a possible Teleonomic agreement], were disposed to create the minimal essential chemical compounds to ensure our survival, as well as the evolutionary persistence of other animal species. Some selected fats were then well delineated to collaborate in this purpose: life is not possible without good cholesterol for the renewal of our cell membranes, and they are crucial for the foetus development. A thing named LIFE.

To us, and to other Scientists, including Naturalists and Anthropologists, concern to try to resolve the biologic puzzle by which some olive oils, and other plant oils, contribute to our own survival, that’s it, through the incorporation of new modern technologies. But new technologies that were truly be able to support the greatest principle in Medicine, as the: ‘Noli me tangere’ (‘Don’t touch me’; ‘whoso list to hunt’), established by the Rabí Jesus The Galilean: the respect to our common Mother Nature.

Of all world-wide plants, we only know less than 3% of their medicinal properties. This is a potent argument to think that we are surrounded of small hidden Holy Grails that escape to our limited human brain vision. We must learn to look with respect the Nature, and to try to unit with it the History, the Anthropology, the Beaux Arts, the Poetry, and the Science into a whole Humanism. On these concepts lies the Expectancy of Life.”

Modified from reference¹.



Our products have been created and elaborated for the restoration and differentiation of the Epidermal Lipid Barrier in Atopic Dermatitis, Dry Skin, Psoriasis, Hyperkeratoses, Cutaneous Ageing, and other skin alterations

...and we do it “from inside-to-outside” (oral tonic treatment), and “from outside-to-inside” (topic skin-differentiating treatments).

WHY WE NEED “from inside-to-outside” TREATMENTS?



OHO: HEALTHY NUTRITION LINE



You must know that:

- deficiencies of systemic “good cholesterol” (HDL-c) are responsible for a higher allergic skin sensitization in children and adults^{2,3}, and that Atopy is a form of allergy that is frequently associated to Asthma (Atopic March)⁴
- low HDL-c blood levels are related to a higher Risk of Cardiovascular Diseases in some patients with Psoriasis⁵
- patients with Atopic Dermatitis or Psoriasis have important functional defects on T regulatory immune cells (Tregs) that secrete IL-10 (natural anti-inflammatory molecule) and interferon-gamma (natural-immune defensive mechanism)⁶
- decreases of interferon-gamma after birth are associated to higher risks of Atopic Dermatitis⁷ and skin colonization by *Staphylococcus aureus* (*S. aureus*)⁸ during the first 2 years of life
- it is well known that lipid components of the Epidermal Barrier come from a correct and well delineated Lipid Nutrition⁹⁻¹¹.

Only the oral administration of “oHo”:

- increases HDL-c blood levels in humans at High Risk for Cardiovascular Diseases: patients with Chronic Kidney Disease¹², persons at advanced ages¹³, and Psoriatic patients⁶
- enhances naturally the systemic endogenous production of IL-10 and interferon-gamma⁶
- provides the ideal food lipids for the constant renewal (without contamination)^{9,10,14} of the Epidermal Barrier and cell membranes. This is due to the low content of “oHo” in natural waxes, that facilitates the quick intestinal and skin absorption of the essential lipids for its physiologic functionality^{6,9,10,12-15}.

The suitable composition of “oHo”, very rich in powerful natural antioxidants (*polyphenols, vitamin E, coenzyme Q and ferulic acid, among others*), avoids oil oxidation, thus mitigating the inflammatory/oxidative aberrant mechanisms of premature Ageing^{9,10,15}

The mild bitter flavour of “oHo” is due to its high content of Oleuropein and Oleocanthal, both being well recognized as potent natural anti-inflammatory compounds¹⁶

WHY WE NEED “from outside-to-inside” TREATMENTS?

You must know that:

- more than 85% of patients with Atopic Dermatitis are colonized/infected by *S. aureus*^{17,18}
- Corticosteroids and other new topic products facilitate the *S. aureus* persistence¹⁹⁻²³
- typical emollient moisturizers degrade, rather than improve, barrier function, and delay Epidermal Barrier repair²². Moreover, they could also interfere with the natural mechanisms of Epidermal Barrier recovery²³, and it includes also to non-appropriate olive oils^{14,24}.



OUR DERMOCOSMETIC LINES

 GREEN LINE Atopic Skin	 SCARLET LINE Scaly (Psoriasis) or Aged Skins
<ul style="list-style-type: none"> oHo-Epidermal Barrier Differentiating Gel ATOPIC SKIN CN: 156191.6 oHo-Epidermal Barrier Differentiating Emulsion ATOPIC SKIN CN: 156192.3 	<ul style="list-style-type: none"> oHo-Keratolytic Cream CN: 156194.7 oHo-Cold Gelified Oils CN: 156193.0

(Created by Bioaveda, Jaén, Andalousia, Spain, and elaborated by Derex, Rafelbuñol, Valencia, Spain)

In contrast to other olive oil cosmetics, “oHo” and our Dermocosmetic Formulations exhibit **potent *in vitro* microbicidal activities** against several pathogens of the skin²⁵:

- bacteria:** *S. aureus*, *Pseudomonas aeuroginosa*, *Escherichia coli* (*E. coli*)
- fungi:** *Candida albicans* (*C. albicans*), *Aspergillus niger*

Our Dermocosmetics favour the **Repair of the Epidermal Lipid Barrier “from outside-to-inside”**, through providing the essential lipids for:

- stabilize the stratum corneum, thus avoiding the concomitant water loss^{9,10}
- to carry out their microbicidal activities, that have been also described *in vivo*^{6,15,26,27}.

The suitable composition of “oHo”, very rich in powerful natural antioxidants (*polyphenols, vitamin E, coenzyme Q and ferulic acid, among others*)^{9,10,15,24,25}, avoids the rancid/aged smell of other oil creams.
“oHo” provides and excellent aroma to your skin



OHO AND ATOPIC DERMATITIS: Green Line

The skin care of Atopic Dermatitis with our products oHo requires of **constancy and perseverance**. You cannot reconstruct in only few days a skin that has been strongly attacked by:

- your own immune system: **internal aggression**^{6,27}
- the repeated colonization/infection by *S. aureus*: **external aggression**^{17,18}
- the skin damage provoked by **corticosteroids** and other products (**including some olive oils**) habitually used with the intention of mitigate your skin lesions¹⁹⁻²⁵

I. Treatments from “inside-to-outside”: our Nutrition Line

1. Start to intake “oHo” one week before the topic treatments, at doses indicated at the end of this profile. With this procedure you initiate the skin recovery of the Epidermal Lipid Barrier “from inside-to-outside”.
2. We suggest to distribute the “oHo” intake in 3 doses a day. In order **to avoid overweight**, through increasing satiety, we recommend the intake of the first dose during fasting morning.
3. Decrease the consumption of saturated fats, and avoid the high intake of harmful *trans* fats²⁸. Be respectful of your National food habits, but **Come some days to Mediterranean Diet**.

II. Treatments “from outside-to-inside”: our green line in Dermocosmetic

4. Use **oHo-Gel** for Atopic Skins during your daily shower or bath.
5. Five minutes later, apply **oHo-Emulsion** in all lesions (twice a day).
6. Maintain these treatments for at least 2 months.
7. Remember that you can repeat these treatments so times as necessary: you are using **Natural Organic Products without undesirable side-effects**.

Careful!

*The *S. aureus* skin colonization affects more than 85% of patients with Atopic Dermatitis*^{17,18}

oHo exhibits potent microbicidal activities against this germ and other microbes (including gram-negative ones). These actions have never been described for any conventional nor organic olive oils^{15,25}

Could the combined treatments with our oHo products contribute to diminish the trend of infants to the “Atopic March”, thus decreasing the incidence of Asthma???

We are now investigating this enigma



OHO AND PSORIASIS: Scarlet Line

The skin care of Psoriasis with our products oHo requires of **constancy and perseverance**. You cannot reconstruct in only few days a skin that has been strongly attacked by:

- your own immune system: **internal aggression**^{6,27}
- the **internal and/or external skin damages** provoked by **corticosteroids** and other products (*including some cosmetic olive oils*) habitually used with the intention of mitigate your skin lesions^{6,29,30}

I. Treatments “from inside-to-outside”: our Nutrition Line

1. Start to intake “oHo” one week before the topic treatments, at doses indicated at the end of this profile. With this procedure you initiate the skin recovery of the Epidermal Lipid Barrier “from inside-to-outside”.
2. We suggest to distribute the “oHo” intake in 3 doses a day. In order **to avoid overweight**, through increasing satiety, we recommend the intake of the first dose during fasting morning.
3. Decrease the consumption of saturated fats, and avoid the high intake of harmful *trans* fats²⁸. Be respectful with your National food habits, but **Come some days to Mediterranean Diet**.
4. The “oHo” intake, together with reductions of saturated and harmful *trans* fats, can help you to decrease the **Risk of Cardiovascular Disease associated to Psoriasis**^{5,31} and **Metabolic Syndrome**^{1,12,13,29}.

II. Treatments “from outside-to-inside”: our Scarlet Line in Dermocosmetic

5. Use **oHo-Gel** for Atopic Skins during your daily shower or bath.
6. Five minutes after the shower or bath, apply **oHo-Keratolytic Cream** in all your lesions,.
7. Fifteen minutes later, you must apply **oHo-Cold Gelified Oils** in all lesions. Repeat the same procedures by night before going to bed. Depending of the size of a particular lesion, apply 1 to 3 drops and extend softly.
8. Maintain these treatments for at least 3 months.
9. Remember that you can repeat these treatments so times as necessary: you are using **Natural Organic Products without undesirable side-effects**.

Careful!

Some patients with Psoriasis have High Risk of Cardiovascular Disease (myocardial infarction) related to their low c-HDL blood levels^{5,31}

Palmo-plantar is known as the most recalcitrant form of Psoriasis, thus seriously affecting the patient’s Quality of Life^{32,33}.

The “oHo” intake, together with the dermal application of our **Scarlet Line products**, provoke the remission of this recalcitrant form of Psoriasis^{6,10,15,34,35}.



OHO, HYPERKERATOSES AND CUTANEOUS AGEING

The skin care of aged and/or hyperkeratotic skins with our products oHo requires of **constancy and perseverance**. You cannot reconstruct in only few days a skin that has been strongly attacked by:

- the natural mechanisms leading to **intrinsic ageing**^{36,37}.
- the external aggressions (**extrinsic ageing**) due to infections, pollutants, **climatic change** and, overall, those skin damages provoked by prolonged sun expositions (**photoageing**)^{38,39}, or by the continued use of non-suitable skin-products^{22,23,29,30}, that include products containing **non-appropriate olive oils**^{9,14,24}.

I. Treatments “from inside-to-outside”: our Nutrition Line

1. Start to intake “oHo” one week before the topic treatments, at doses indicated at the end of this profile. With this procedure you initiate the skin recovery of the Epidermal Lipid Barrier “from inside-to-outside”.
2. We suggest to distribute the “oHo” intake in 3 doses a day. In order **to avoid overweight**, through increasing satiety, we recommend the intake of the first dose during fasting morning.
3. Decrease the consumption of saturated fats, and avoid the high intake of harmful *trans* fats²⁸. Be respectful of your National food habits, but **Come some days to Mediterranean Diet**.
4. The effects of the “oHo” intake on “good cholesterol” (HDL-c)^{10,12,13,15,34,35,40}, a **Moderate Physical Exercise, and the reduction of harmful fats, can help you to:**
 - reduce the Cardiovascular Risk associated to advanced ages^{6,10,12,13,15,34,35,40-42}
 - diminish constipation drastically^{12,13}
 - ameliorate your physic and mental performances^{43,44}
 - decrease the infectious risk related to elderly^{42,45,46}
 - enhance your liver functionality⁴⁷. **Reduce the alcohol intake.**

II. Treatments “from outside-to-inside”: our Scarlet Dermocosmetic Line

5. Use **oHo-Gel** for Atopic Skins during your daily shower or bath.
6. Five minutes after the shower or bath, apply **oHo-Keratolytic Cream** in all your lesions, once a day in the morning.
7. Fifteen minutes later, you must apply our **oHo-Cold Gelified Oils** in all lesions. Repeat the same procedure before going to bed, but only with the **oHo-Cold Gelified Oils**. Depending on size of a particular lesion, apply 1 to 3 drops and extend softly.
8. Maintain these treatments for at least 6 months.
9. Remember that you can repeat these treatments so times as necessary: you are using **Natural Organic Products without undesirable side-effects**.

Careful!

The chronic exposition to natural and/or artificial (lamps) ultraviolet radiations, and tabaquism, accelerate Cutaneous Ageing^{38,39,48}



QUALITY & SINGULARITY of our “from inside-to-outside” treatments

“oHo”: “Olive Health Oil”. Healthy Organic Olive Oils

First & Unique Scientific Formulation of Organic Extra Virgin Olive Oils. Free of contaminants and Endocrine Disrupting Chemicals. **Tested in humans with Chronic Kidney Disease and Dry Skin, in patients with Atopic Dermatitis or Psoriasis, and in persons with Premature Cutaneous Ageing.**

“oHo” has been developed by Researchers of Bioavéda: well-known scientists in Immunology, Organic Agriculture, Nephrology, Microbiology, Nutrition, Pharmacy, and Dermatology.

Effective in persons with troubles of:

- Good Cholesterol (HDL-c)
- Persistent Constipation
- Malnutrition; always associated to a correct Diet support of proteins and sugars¹²
- Premature Cutaneous Ageing, and other Skin alterations (as we have previously shown).

Discover what “oHo” can do for your QUALITY of LIFE

QUALITY & SINGULARITY of our “from outside-to-inside” treatments

Our Dermocosmetic Formulations are mainly elaborated with “oHo”. They are all **free** of allergenic compounds, parabenes, herbicides, pesticides or any other Endocrine Disrupting Chemical (EDC) that could provoke harmful effects on your skin or into other organs^{10,14,15,24,25,35}.

- They are the result of the Rational Compound (at very cold temperatures) of “oHo” with other organic natural products, which also exhibit well recognized cutaneous activities. This elaboration IN COLD allows to preservation of all their active components.
- They are scientifically designed to resist oxidation, that is the main responsible for the rancid/aged smell of other olive oil creams⁴⁹. This is due to its well delineated composition in monounsaturated and polyunsaturated acids, that are well protected by suitable quantities of aromatic polyphenols, vitamin E, coenzyme Q and ferulic acid, among other natural antioxidants. This Rational & Scientific structure of “oHo” mitigates lipid peroxidation of polyunsaturated fatty acids, thus avoiding the excess in the generation of trans-2-nonenal⁵⁰, the agent responsible of the body odor that increases with ageing⁴⁹.

Taking into account that “oHo” contains low quantities of natural waxes, this facilitates:

- the elaboration of emulsions, just never obtained with any other olive oil^{15,25,35}
- the better skin absorption of their active components.

NOT ALL olive oils are equals^{12-15,24,25,34,35,51-53}

Feel the **flavour** of “oHo”
Discover the **skin aroma** of our Dermocosmetics

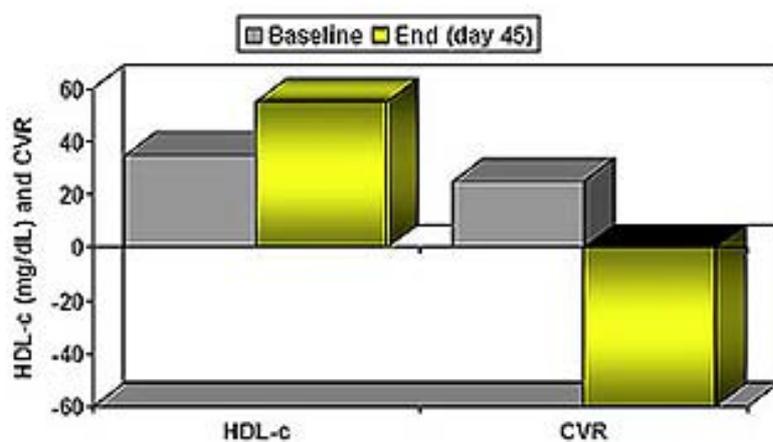


WORLD-WIDE PIONEER RESEARCH OF BIOAVEDA®™© Mechanism of Action

When we state that **NOT ALL olive oils are equals**, we have powerful reasons to say that. Some of them have been described herein, and there are many others that you can see into the **Foro de Aceite y Salud**^{14,24,51-53} in our Spanish web www.bioaveda.com (*English web in construction*). All these facts, together with the already initiated multicenter clinical trials, allowed us to elaborate a **MECHANISM OF ACTION** that has never been described for any other olive oil.

THE SCIENTIFIC DEMONSTRATION

Psoriasis, HDL-cholesterol (HDL-c) and Cardiovascular Risk (CVR). Effects of the combined treatments with “oHo” (orally) and Scarlet Dermocosmetic Formulations in a Recalcitrant case of palmo-plantar Psoriasis



“oHo”



After 1 year, patient refuses to stop treatments

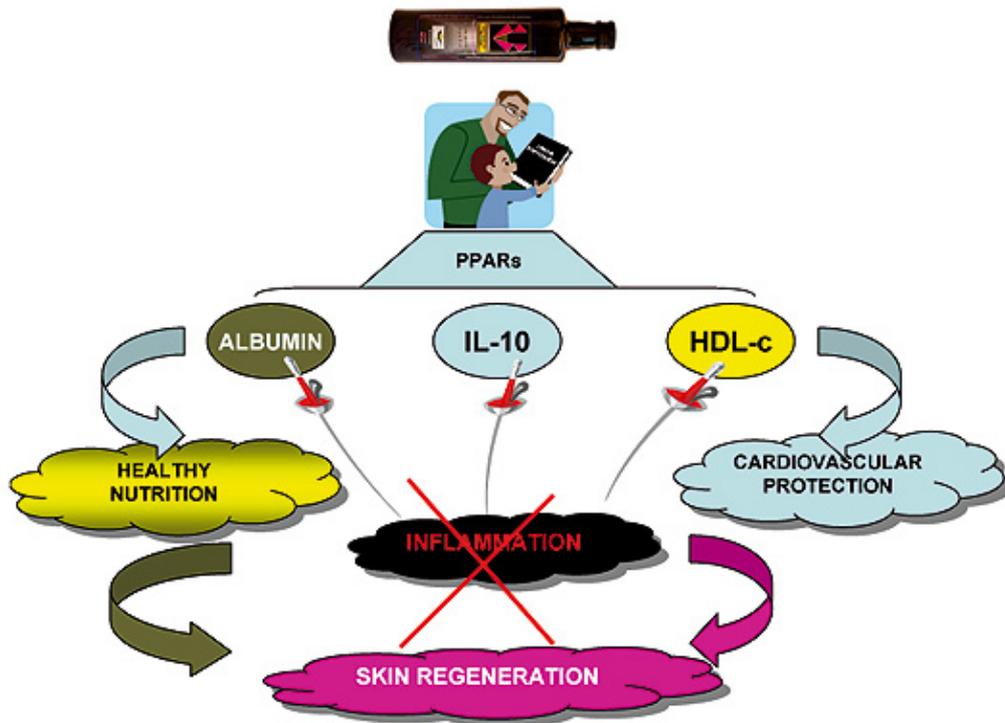
“Killing to birds with one stone”

“from inside-to-outside, and from outside-to-inside”

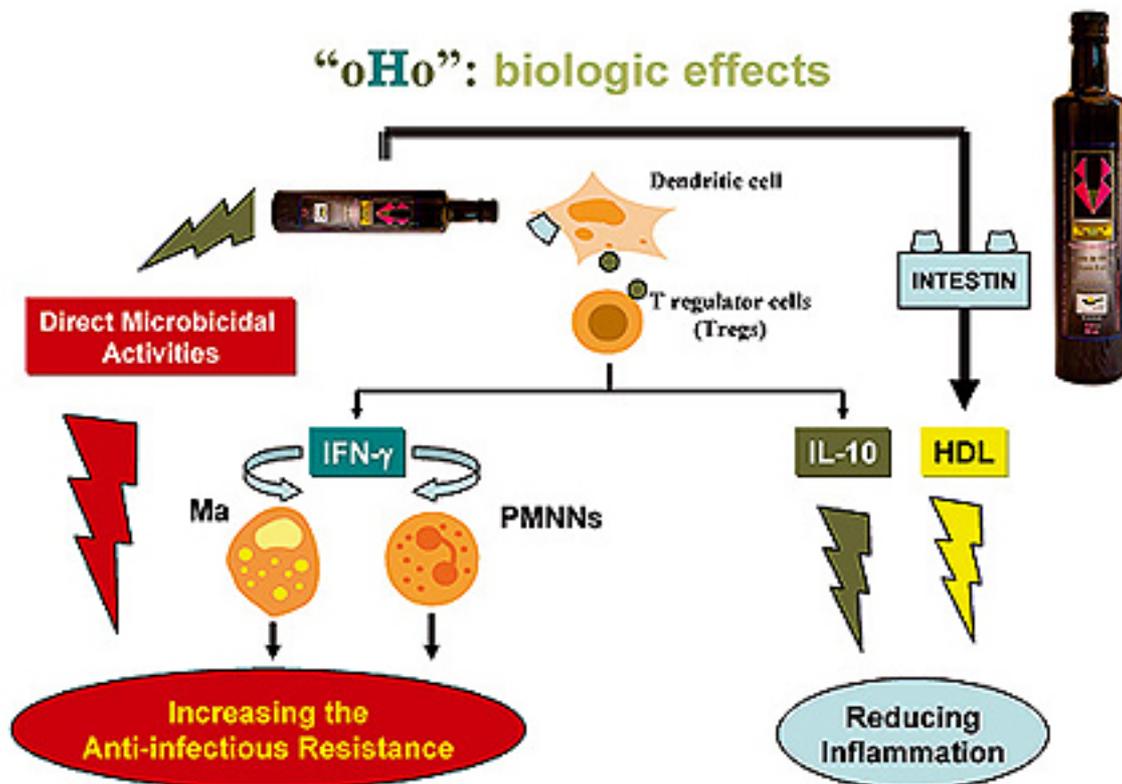
THE MECHANISM OF ACTION

Everything is related in Physiology and in Disease

Learning to fight against Immune-Inflammation



“oHo”: biologic effects



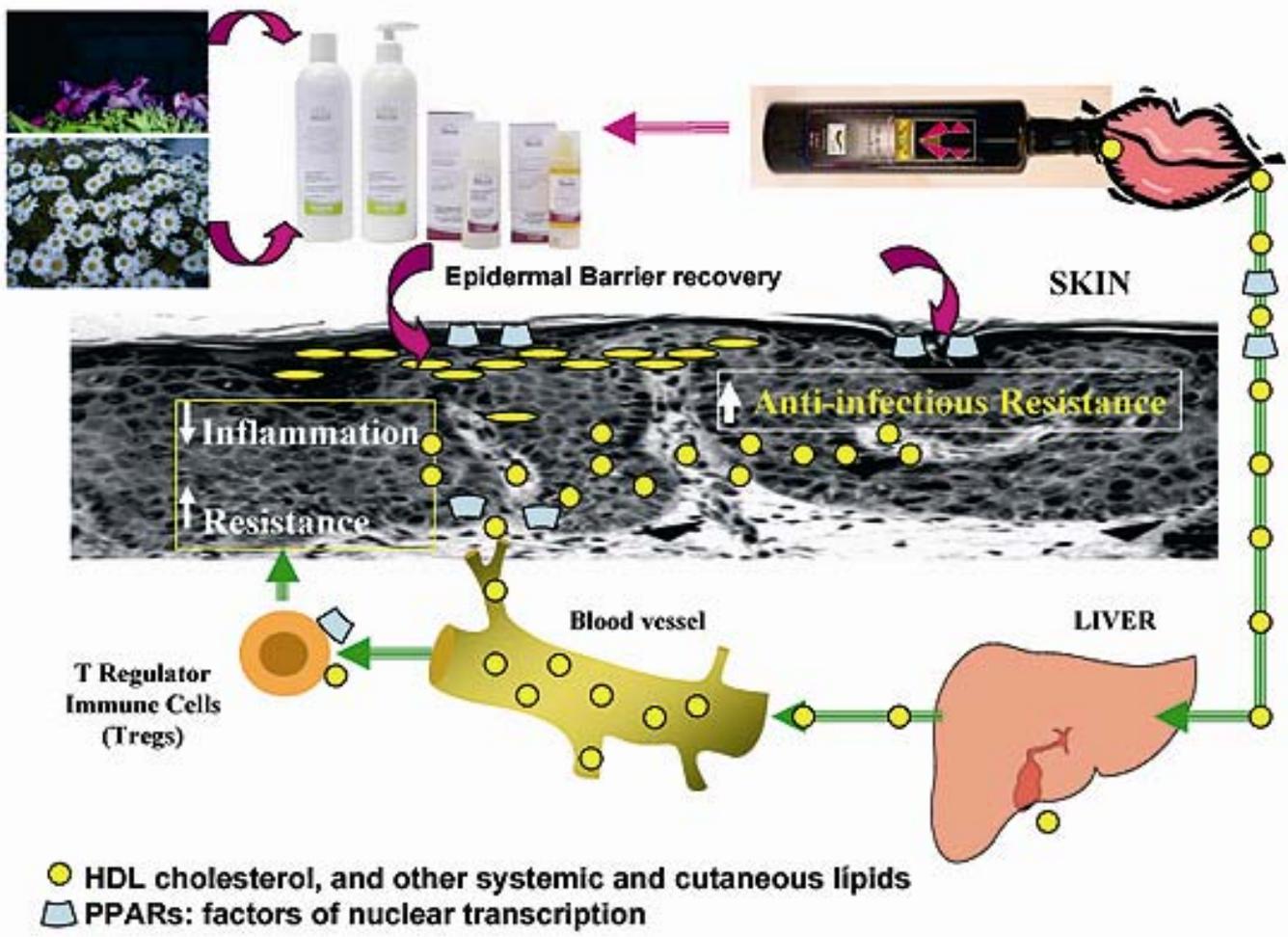
Ma: macrophages PMNNs: polymorphonuclear neutrophils; ● TLR2 receptors; □ PPARs receptors

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We know what we do

Justifying treatments from “inside-to-outside and from outside-to-inside”



Leaders in ImmunoDermatology

*And we continue investigating for your Health
in a Natural Way*

VERY IMPORTANT CONSIDERATIONS ON THE USE OF OUR PRODUCTS

- Very soon after the topic application of our products in damaged skins, **you can feel itch and skin redness**. They disappear in few minutes, and later you will feel a continued sensation of relief in your skin signs and symptoms. These mild side-effects disappear after the first week of the topic treatments.
- With the goal of preventing itch in their children, mothers and/or fathers are accustomed to blow on atopic lesions, thus favouring more skin microbial contamination. Before this habitual practice we recommend to apply 2 gouts of our “oHo” oral Formulation into nostrils.
- When you use the oHo-Gel, apply it in all body (including head), and then proceed to the shower or bath by gently rubbing to provoke foam.
- **Avoid sun exposition for at least 15 minutes** after the application of any of our oHo Dermocosmetics.
- In cases of Atopic Dermatitis with facial affectation, procure avoid sun exposition just to the disappearance of your lesions. In contrast, remember that a moderated sun exposition could be beneficial in many cases of Psoriasis **¡Don´t become burnt; skin cancer continues growing world-wide!**
- Due to the “oHo” content in squalene, use with precaution our Dermocosmetics in cases of active acne. **Consult your Physician.**
- In all cases of palmo-plantar psoriasis, and in some cases of generalized plaque psoriasis, you will observe 3 phases during the application of our Dermocosmetics:
 - ✓ The first phase is characterized by intense redness and disappearance of old scales. Likewise you can observe the appearance of new red lesions, that can affects the dorsal zones of your hands and feet. Don´t worry. This is due to the fact that atopic dermatitis and psoriasis are generalized diseases, but many lesions remain hidden, and can reappear during the natural course of the illness.
 - ✓ During the second phase you will contemplate a process of intense epidermal desquamation, that is more pronounced in palmo-plantar psoriasis. Please, do not remove the scales.
 - ✓ Finally, after this therapeutic desquamation, you will see the appearance of a new skin. However, do not forget to use the combined treatment for at least 3 months more.

- ✓ In some resolved cases of Atopic Dermatitis or Psoriasis, the only intake of the “oHo” oral Formulation is able to maintain the complete response. However, ***remember that our Dermocosmetics can also help you to prevent the premature skin aging.***

If you are been treated with corticosteroids, or topic inhibitors of calcineurin, or vitamin D derivatives, or phototherapy, or other medicaments for your disease:

- Follow your Physician’s recommendations, but know that our “oHo” products can be used concomitantly with them. Moreover, our products could help you to mitigate some of their toxic skin effects, and to accelerate the Epidermal Lipid Barrier recovery, thus contributing to a faster disappearance of lesions.

Don’t forget that the “oHo” intake could be crucial to mitigate your picture of systemic inflammation, thus contributing to prevent your Risk of Cardiovascular Disease associated to Psoriasis or Elderly.

Be cautious.

RECOMMENDED ORAL “oHo” DOSIFICATION

(Consult your Physician and/or Pharmaceutic)

Age (in years)	Recommended doses (mL a day)
0 to 1	1 to 2
1 to 4	2 to 4
4 to 12	4 to 6
12 to 18	10 to 20
> 18	30 to 50

Specially indicated in pregnant women with clinic history of Atopy or Psoriasis, or in their husbands with the same familial problems

If the mother is taking “oHo” during breast-feeding, the child does not need of supplementary “oHo” intake

At Bioaveda we are Physicians, Agronomists, and Pharmaceutics:

Immunologists, Agriculture Engineers, Nephrologists, Nutricionists and Dermatologists

“Leaders in Organic Agriculture & ImmunoDermatology”

bioaveda

innovation&health



ACKNOWLEDGEMENTS

(After the presentation of our Patents, we are beginning to publish all results obtained in the different Clinical Trials performed by Bioaveda and the Spanish Hospitals)

However, our better References comes from the “word of mouth” (oral transmission) of our patients. Many thanks.

Special thanks to Physicians and Pharmaceutics that have helped us in this joint adventure of Innovation&Health, with a so Mediterranean (Spanish) Product as the Good Olive Oil is

Thanks to Creative and Designers

Salvador Linares (Invercaria, Consejería de Innovación, Ciencia y Empresa de la Junta de Andalucía), Ximo Roda (Labs. Derex, Rafelbuñol, Valencia) y Esther Gómez Ortega (Itacah, Barcelona)

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- Villarrubia VG. Invited Lecturer. **National Congress of the Spanish Society of Aesthetic (SEME), Clínica Planas, Barcelona, 2008, Spain**.
- Villarrubia VG. Opening Lecture. **XXXVI Congress of the Andalusian Society of Nephrology, Almería, 2008, Spain**.
- Villarrubia VG. Invited Lecturer. **XXIII Congress SEMAL (Spanish Society of Anti-aging Medicine and Longevity, Valencia, october 2008, Spain**.
- Villarrubia VG. Invited Lecturer. **5th Int Conference Functional Foods for Chronic Diseases: Obesity and other related Chronic Diseases. October 16-18, 2008, Southern University, Baton Rouge, Louisiana, USA**.
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- Villarrubia VG. Invited Lecturer. **International Symposium on Vaccines. Adyuvantes y Mecanismos de Acción. Madrid, april 2009**.
- Villarrubia VG. Invited Lecturer. **Antiageing Course, Hospital Gómez Ulla, Madrid, march 2010, Spain**.
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