

ABSTRACT

“PROCESS FOR OBTAINING CAFFELOYLQUINIC ACIDS-RICH EXTRACTS FROM HELIANTHUS ANNUUS”

The present invention relates to extracts of deoiled *Helianthus annuus* seeds which are useful for the prevention and treatment of dyslipidaemia, hyperglycaemia and hypertension, metabolic syndrome and type 2 diabetes. The present invention also relates to the process for preparation of said extracts and compositions containing them. The extracts according to the invention, when added to carbohydrate-based foods, reduce the glycaemic index and postprandial absorption of glucose, and induce a modification of the lipid profile.