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Contribution to the biochemical and physical-chemical study of a virgin oil of *P. lentiscus* fruits and its effect on blood profile

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This study has allowed us to confirm the physicochemical characteristics and fatty acid composition of the oil of *Pistacia lentiscus* extracted by traditional method by GC and to evaluate its effect on some blood lipid parameters. The results showed that the main physicochemical characteristics of *Pistacia lentiscus* oil are: moisture (0.84%), a relatively high iodine value (80.44) indicating that this oil has an important degree of unsaturation. The oil is mainly composed of unsaturated fatty acids (MUFA), where oleic acid dominates with 47.01% of total fatty acids and PUFAs represented by linoleic acid (19.26%). Concerning the biological survey, oil at 10% and 20% doses of diet for 15 and 30 days of two periods of treatment, resulted in beneficial effects on the lipid profile of Wistar albinos rats previously fed with animal and vegetable fats. We observed decrease in total cholesterol, triglycerides (TGA), total lipids and LDL-C, and an increase in HDL-C good cholesterol probably related to the presence of a large amount of (MUFA) and (PUFA).

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