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Athens: **28/11/2024**

CERTIFICATE OF ANALYSIS

Analysis Date: 12/11/2024

Variety: OLYMPIA
Origin:
Harvesting Period: OCTOBER 2024
Oil Mill:

Production Date:

Chemical Analysis

Acidity: 0,30(<0,8)
Peroxides: 8,40 meqO2/Kg (<20)
K232: 2,065 (<2,5), K270: 0,206 (<0,22), ΔK: -0,0050

Oleocanthal	181	mg/Kg
Oleacein	95	mg/Kg
Oleocanthal+Oleacein (index D1)	276	mg/Kg
Ligstroside aglycon (monoaldehyde form)	90	mg/Kg
Oleuropein aglycon (monoaldehyde form)	85	mg/Kg
Ligstroside aglycon (dialdehyde form)*	409	mg/Kg
Oleuropein aglycon (dialdehyde form)**	207	mg/Kg
Free Tyrosol	14	mg/Kg
Total tyrosol derivatives	728	mg/Kg
Total hydroxytyrosol derivatives	402	mg/Kg
Total polyphenols analyzed	1.081	mg/Kg

Comments:

The levels of oleocanthal are higher than the average values (135 mg/Kg) of the sample included in the international study performed at the University of California, Davis.
The daily consumption of 20 g of the analyzed olive oil provides 21,62mg of hydroxytyrosol, tyrosol or their derivatives.
Olive oils that contain >5 mg per 20 gr belong to the category of oils that protect the blood lipids from oxidative stress according to the Regulation 432/2012 of the European Union.
It should be noted that oleocanthal and oleacein present important biological activity and they have been related with anti-inflammatory, antioxidant, cardioprotective and neuroprotective activity.
The chemical analysis was performed at the National and Kapodistrian University of Athens according to the method that has been submitted to EFET and published in J. Agric. Food Chem. 2012, 60, 11696, J. Agric. Food Chem. 2014, 62, 600 & Molecules 2020, 25, 2449.
The results relate to the analyzed sample.
*Oleomissional+Oleuropeindial **Ligstrodial+Oleokoronal

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