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Athens: **23/11/2023**

Cert. Num: **C2324-00229**

CERTIFICATE OF ANALYSIS

Brand Name: EXTRA VIRGIN OLIVE OIL
Owner: VOLIOTIS FAMILY
Variety: PELIOU
Origin: ANO LECHONIA MAGNESSIA GREECE
Harvesting Period: November 2023
Oil Mill: VOLIOTIS FAMILY

Analysis Date: 16/11/2023

Production Date:

Chemical Analysis

Acidity: 0,63(<0,8)
Peroxides: 7,40 meqO2/Kg (<20)
K232: 1,848 (<2,5), K270: 0,130 (<0,22), ΔK: 0,0010

Oleocanthal	137	mg/Kg
Oleacein	69	mg/Kg
Oleocanthal+Oleacein (index D1)	206	mg/Kg
Ligstroside aglycon (monoaldehyde form)	11	mg/Kg
Oleuropein aglycon (monoaldehyde form)	14	mg/Kg
Ligstroside aglycon (dialdehyde form)*	<5	mg/Kg
Oleuropein aglycon (dialdehyde form)**	<5	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	163	mg/Kg
Total hydroxytyrosol derivatives	88	mg/Kg
Total polyphenols analyzed	251	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 5,01mg 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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