



TOPLOU
MONASTERY
ΣΗΤΕΙΑ/ΚΡΗΤΗ

**WITH FAITH
IN THE LAND OF CRETE**

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THE MULTI – AWARD WINNING BIO EXTRA VIRGIN OLIVE OIL PDO SITIA LASITHIOU KRITIS THEION ELAION “DIVINE OIL”

Based on decades of experience and know-how, we created this unique product, **Theion Elaion – “Divine Oil”**, in accordance with our principles of highlighting the special characteristics and advantages of olive oils produced in the area of Sitia, Crete.

Our olive groves are located in the Sitia Geopark. Mountainous and semi-mountainous, dry and irrigated, groomed so that the entire canopy is fully illuminated, with good wind potential and sandy clay soil which gives the olive fruit superior quality characteristics.

Its olive groves are cultivated exclusively with the method of organic farming by monks with special sensitivity for the environment and respect to human.

Bio-Sitia SA provided an agronomist who assisted with on-site visits, monitoring and advice throughout the olive growing season, winter crops, flowering, fruit set, growth and ripening of the fruit, as well as the best time to harvest the olives for each particular region and given the specific weather conditions.

Harvested olives are milled by cold extraction (cold pressing) in two phases at the privately owned oil mill of the company that grinds exclusively organic olives.

Selection of the olive groves, cultivation methods, and milling in the two-phase oil mill have been designed to create a unique organic olive oil with excellent organoleptic characteristics and rich phenolic content. This method produces organic olive oil with the distinctive freshness of unripe fruits and the pleasant flavor of the «Koroneiki» variety: balanced, slightly bitter and slightly spicy with an aftertaste reminiscent of freshly cut leaves.

Every bottle is tracked from farm to consumer with a unique detection number that identifies the field. All packaging materials were selected with the intention of protecting the product beyond its elegance.

POLYPHENOLS IN OLIVE OIL

Fresh olive oil, obtained from unheated and water-free cold pressing, is rich in polyphenols. Olive oil is composed of 99% fats (triglycerides and free fatty acids) and 1% polar components (polyphenols, tocopherols and other natural antioxidants). Polyphenols are a complex of ingredients found in olive fruit.

The cloudy appearance and bitter taste of olive oil can be attributed to their presence. Polyphenols, like tocopherols, are excellent antioxidants that bond free radicals and protect cholesterol from oxidation. Because of this, olive oil is considered a «medicine» for our health and helps our bodies function.

HEALTH BENEFITS

Phenols and Tocopherols (e.g. Eleuropein) contribute to the slowing down of the aging process and have strong anti-cancer properties, as they bind free radicals formed during metabolism and prevent the formation of peroxides and hydroperoxides, involved for cancer-genesis.

BIOACTIVE SUBSTANCES

Elaiocanthal: a substance with important anti-inflammatory properties, acts protectively against the risk of dementia and Alzheimer’s disease.

Oleasin: is the most antioxidant substance in olive oil and is a derivative of phenolic eleuropein.

THE DAILY CONSUMPTION OF THE RECOMMENDED QUANTITY OF OLIVE OIL CONTRIBUTES:

1. To maintain normal blood pressure,
2. Proper functioning of the digestive system and protection against the development of ulcers in the duodenum and stomach,
3. Gradual digestion of carbohydrates and avoidance of the rapid rise in blood glucose, acting beneficially against diabetes,
4. Development of the brain and nervous system in infants (when consumed by the mother while breastfeeding),
5. Improvement of fatty liver,
6. Prevention of gallstones,
7. Maintaining body weight.

GREEN GOLD OR LIQUID
GOLD AS WE CALL
UNHEATED OLIVE OIL,
GUARANTEES ABUNDANT
BENEFIT TO HUMAN
HEALTH.



TOPLOU MONASTERY

Toplou Monastery is located in the heart of the **Natura 2000** protected area. “It has 400 acres of olive groves with 6,000 olive trees and 350 acres of vineyards”. Most of the olive trees and vineyards were planted in locations selected as the most suitable in terms of microclimate.

All olive groves and vineyards are of organic farming since 1997. Monks that live and cultivate the land of Toplou Monastery are following the centuries-old tradition of land cultivating in order to consume healthy and pesticide free products.

OLIVE GROVES

The olive grove chosen for this product is the one right next to the Monastery and the facilities of the companies **Bio-Sitia SA** and **Ktima Toplou SA**.

It’s an olive grove of 23 acres with 545 trees at an altitude of 300 meters from sea level. It has rich wind potential and sandy clay soil. The cultivation practices applied were: pruning, mowing and fertilizing with the appropriate organic fertilizers. It is worth mentioning that for many years the branches that come from the pruning are grounded with a shredder and then used as a soil conditioner. Olive groves are irrigated according to the weekly irrigation bulletins. The instructions were issued by the Directorate of Agricultural Economy of the Region of Crete in collaboration with the Olive Institute of Subtropical Plants & Vine of ELGO-DIMITRA and posted on the website of the Region of Crete.

The preliminary actions of olive main enemy in Greece, the “Dakos” fly, were according to the instructions of the agronomist who was watching the cultivation. We monitored the population of Dakos weekly using the appropriate organic traps. At the end of June, it was also treated with kaolinite (a non-toxic, inorganic material that creates an inhospitable environment for fly eggs to grow) and after a month, a second spray was applied as the olives grew.

