



World Olive Center for Health

76 Imittou St. 5th floor
11634, Pagkrati, Athens
Tel: 2107010131
info@worldolivecenter.com



Athens: 27/10/2023

Cert. Num: C2324-00123

CERTIFICATE OF ANALYSIS

Brand Name: OLIVE POEM

Owner: KOUTSOTHEODORIS THEODOROS

Variety: KALAMON

Origin: LACONIA GREECE

Harvesting Period: October 2023

Oil Mill:

Analysis Date: 25/10/2023

Production Date:

Chemical Analysis

Oleocanthal	692	mg/Kg
Oleacein	255	mg/Kg
Oleocanthal+Oleacein (index D1)	947	mg/Kg
Ligstroside aglycon (monoaldehyde form)	37	mg/Kg
Oleuropein aglycon (monoaldehyde form)	26	mg/Kg
Ligstroside aglycon (dialdehyde form)*	95	mg/Kg
Oleuropein aglycon (dialdehyde form)**	48	mg/Kg
Free Tyrosol	22	mg/Kg
Total tyrosol derivatives	846	mg/Kg
Total hydroxytyrosol derivatives	330	mg/Kg
Total polyphenols analyzed	1.176	mg/Kg

Comments:

The levels of oleocanthal and oleacein are higher than the average values (135 and 105 mg/Kg respectively) of the samples included in the international study performed at the University of California, Davis.

The daily consumption of 20 g of the analyzed olive oil provides 23,51mg 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 **Ligstrodiol+Oleokoronol

Magiatis Prokopios

PROKOPIOS MAGIATIS
ASSOCIATE PROFESSOR
UNIVERSITY OF ATHENS
FACULTY OF PHARMACY
DEPARTMENT OF PHARMACOLOGY
AND NATURAL PRODUCTS CHEMISTRY