

**World Olive Center for Health**

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Athens: 23/11/2022**Cert. Num: C2223-00329****CERTIFICATE OF ANALYSIS**

Brand Name: ETHOS OF CRETE PRIVATE SELECTION EVOO
Owner: ETHOS OF CRETE LIMITED
Variety: KORONEIKI
Origin: ASSIMI HERAKLION GREECE
Harvesting Period: October 2022
Oil Mill: MICHAEL KOUTENTAKI

Analysis Date: 23/11/2022**Production Date: 21/10/2022****Chemical Analysis**

Oleocanthal	101	mg/Kg
Oleacein	83	mg/Kg
Oleocanthal+Oleacein (index D1)	183	mg/Kg
Ligstroside aglycon (monoaldehyde form)	30	mg/Kg
Oleuropein aglycon (monoaldehyde form)	51	mg/Kg
Ligstroside aglycon (dialdehyde form)*	265	mg/Kg
Oleuropein aglycon (dialdehyde form)**	141	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	395	mg/Kg
Total hydroxytyrosol derivatives	274	mg/Kg
Total polyphenols analyzed	670	mg/Kg

Comments:

The daily consumption of 20 g of the analyzed olive oil provides 13,39mg 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+Oleokoronal

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