



World Olive Center for Health

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Athens: 26/10/2023

Cert. Num: C2324-00100

CERTIFICATE OF ANALYSIS

Brand Name: BIO GREEN OLIVE OIL
Owner: ANDRONIKIDOU ELENI
Variety: LIANOLIA
Origin: RACHES PREVEZA
Harvesting Period: October 2023
Oil Mill:

Analysis Date: 22/10/2023

Production Date:

Chemical Analysis

Oleocanthal	372	mg/Kg
Oleacein	190	mg/Kg
Oleocanthal+Oleacein (index D1)	563	mg/Kg
Ligstroside aglycon (monoaldehyde form)	44	mg/Kg
Oleuropein aglycon (monoaldehyde form)	44	mg/Kg
Ligstroside aglycon (dialdehyde form)*	142	mg/Kg
Oleuropein aglycon (dialdehyde form)**	63	mg/Kg
Free Tyrosol	31	mg/Kg
Total tyrosol derivatives	589	mg/Kg
Total hydroxytyrosol derivatives	297	mg/Kg
Total polyphenols analyzed	886	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 17,72mg 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

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