Athens: 28/02/2024

Cert. Num: C2324-00501

CERTIFICATE OF ANALYSIS

Brand Name: MITIRA LESVOS

Owner: RIZOPOULOS PETROS

Variety: KOLOVI

Origin: MYTILENE GREECE

Harvesting Period: 2023-2024

Oil Mill:

Analysis Date: 26/02/2024

Production Date: 20/12/2023

Chemical Analysis

Oleocanthal	119	mg/Kg
Oleacein	79	mg/Kg
Oleocanthal+Oleacein (index D1)	198	mg/Kg
Ligstroside aglycon (monoaldehyde form)	16	mg/Kg
Oleuropein aglycon (monoaldehyde form)	22	mg/Kg
Ligstroside aglycon (dialdehyde form)*	44	mg/Kg
Oleuropein aglycon (dialdehyde form)**	26	mg/Kg
Free Tyrosol	15	mg/Kg
Total tyrosol derivatives	194	mg/Kg
Total hydroxytyrosol derivatives	127	mg/Kg
Total polyphenols analyzed	321	mg/Kg

Comments:

The daily consumption of 20 g of the analyzed olive oil provides 6,42mg 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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