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**CERTIFICATE OF ANALYSIS**

**Owner: SAKELLAROPOULOS OLIVE GROVES**

**Geographic origin: Lakonia, Greece**

**Chemical analysis**

Name	Tyrosol $\mu\text{g/g}$	Hydroxytyrosol $\mu\text{g/g}^*$
Valsamikes Olives	690	1410

**Comments**


The levels of tyrosol are higher than the average values of commercial olives samples (134  $\mu\text{g/g}$ ) that were included in the study performed at the University of Athens and published in J. Agric. Food Chem. 2010, 58, 46–50. Oleuropein was not detected (<5  $\mu\text{g/g}$ ).

It should be noted that hydroxytyrosol and tyrosol present important biological activity and they have been related with antioxidant and cardioprotective activity.

Daily consumption of 2-3 gr of the olives of this sample offers >5 mg of hydroxytyrosol and tyrosol and corresponds to the consumption of 20 gr of olive oil belonging to the oil category that protect the blood lipids from oxidative stress, according to the EU regulation 432/2012.

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\*The values are expressed per wet weight of olive flesh

  
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