



**National and Kapodistrian
University of Athens**

Faculty of Pharmacy
Department of Pharmacognosy
& Natural Products Chemistry
Panepistimiopolis Zografou
15 771 Athens
Tel: +30 210 72 74052
magiatis@pharm.uoa.gr



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CERTIFICATE OF ANALYSIS

Owner: Sakellaropoulos Organic Farming

Harvest season: 2015-2016

Geographic origin: Sparti, Lakonia, Greece

Variety: Kalamon

Chemical analysis

	Name	Tyrosol µg/g	Hydroxytyrosol µg/g*
1.	Portokalienies	1112	1420
2.	Telies me votana	620	700
3.	Balsamikes	590	890
4.	Lemonenies	768	1257

Comments

The levels of tyrosol and hydroxytyrosol are higher than the average values of commercial olives samples (134 and 244 µg/g respectively) that were included in the study performed at the University of Athens and published in J. Agric. Food Chem. 2010, 58, 46–50.

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 2-4 gr of the analyzed olives offers >5 mg of hydroxytyrosol and tyrosol and correspond 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.

Prokopios Magiatis

*The values are expressed per
wet weight of olive flesh

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