Athens 02/12/2021

Cert. Num: C2122-00417

CERTIFICATE OF ANALYSIS

Brand Name:	PLUS HEALTH BLUE	**Analysis Date:** 15/11/2021
Owner:	ESTATE SAKELLAROPOULOS	
Variety:	MULTIVARIETAL	
Origin:	SPARTI LAKONIA GREECE	
Harvesting Period:	October 2021	
Oil Mill:		**Production Date:**

Chemical Analysis

Oleocanthal	483	mg/Kg
Oleacein	67	mg/Kg
Oleocanthal+Oleacein (index D1)	550	mg/Kg
Ligstroside aglycon (monoaldehyde form)	21	mg/Kg
Oleuropein aglycon (monoaldehyde form)	12	mg/Kg
Ligstroside aglycon (dialdehyde form)*	23	mg/Kg
Oleuropein aglycon (dialdehyde form)**	<5	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	526	mg/Kg
Total hydroxytyrosol derivatives	79	mg/Kg
Total polyphenols analyzed	605	mg/Kg

Comments:

The levels of oleocanthal are higher than the average values (135 mg/Kg) of the sample included in the international study performed at the University of California, Davis.

The daily consumption of 20 g of the analyzed olive oil provides 12,11mg 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, 600-607 & Molecules, 2020, 25, 2449. *Oleomissional+Oleuropeindial **Ligstrodial+Oleokoronal

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