



World Olive Center for Health

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Athens 02/12/2021
Cert. Num: C2122-00418

CERTIFICATE OF ANALYSIS

Brand Name: PLUS HEALTH GREEN
Owner: ESTATE SAKELLAROPOULOU
Variety: MULTIVARIETAL
Origin: SPARTA LAKONIA GREECE
Harvesting Period: October 2021
Oil Mill:

Analysis Date: 25/11/2021

Production Date:

Chemical Analysis

Oleocanthal	534	mg/Kg
Oleacein	88	mg/Kg
Oleocanthal+Oleacein (index D1)	622	mg/Kg
Ligstroside aglycon (monoaldehyde form)	21	mg/Kg
Oleuropein aglycon (monoaldehyde form)	12	mg/Kg
Ligstroside aglycon (dialdehyde form)*	<5	mg/Kg
Oleuropein aglycon (dialdehyde form)**	<5	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	569	mg/Kg
Total hydroxytyrosol derivatives	100	mg/Kg
Total polyphenols analyzed	654	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 13,08mg 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 **Ligstrodiol+Oleokoronal

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