



World Olive Center for Health

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Athens: 27/12/2023

Cert. Num: C2324-00376

CERTIFICATE OF ANALYSIS

Brand Name: PLUS HEALTH BLUE evoo
Owner: SAKELLAROPOULOS ORGANIC FARMS
Variety: BLEND
Origin: SPARTI LAKONIA GREECE
Harvesting Period:
Oil Mill:

Analysis Date: 08/12/2023

Production Date:

Chemical Analysis

Oleocanthal	224	mg/Kg
Oleacein	178	mg/Kg
Oleocanthal+Oleacein (index D1)	402	mg/Kg
Ligstroside aglycon (monoaldehyde form)	116	mg/Kg
Oleuropein aglycon (monoaldehyde form)	212	mg/Kg
Ligstroside aglycon (dialdehyde form)*	370	mg/Kg
Oleuropein aglycon (dialdehyde form)**	177	mg/Kg
Free Tyrosol	30	mg/Kg
Total tyrosol derivatives	739	mg/Kg
Total hydroxytyrosol derivatives	567	mg/Kg
Total polyphenols analyzed	1.307	mg/Kg

Comments:

The levels of oleocanthal and oleacein are higher than the average values (135 and 105 mg/Kg respectively) of the samples included in the international study performed at the University of California, Davis.

The daily consumption of 20 g of the analyzed olive oil provides 26,13mg 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 **Ligstrodiol+Oleokoronol

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