



World Olive Center for Health

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CERTIFICATE OF ANALYSIS

Owner: SAKELLAROPOULOS ORGANIC FARMS
Geographic origin: SPARTA, LACONIA, GREECE

Chemical analysis

Name	Tyrosol $\mu\text{g/g}$	Hydroxytyrosol $\mu\text{g/g}^*$
TELIES gourmet olives / variety KALAMATA	470	540

Comments

The levels of tyrosol and hydroxytyrosol are higher than the average values of commercial olives samples (134 and 244 $\mu\text{g/g}$ respectively) that were included in the study performed at the University of Athens and published in J. Agric. Food Chem. 2010, 58, 46–50. 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 6-7 gr of the olives of this sample offers $>5 \text{ mg}$ 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.

The chemical analysis was performed at the National and Kapodistrian University of Athens.

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*The values are expressed per
wet weight of olive flesh


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