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Athens, 30/12/2015
N°: 216/2015

CERTIFICATE OF ANALYSIS

Owner: Diamantopoulou Ioanna
Variety: Olympia (Ladolia)
Origin: Neraida, Greece
Harvest season: November 2015
Physical properties:
Taste: intense pungent and bitter character
Chemical analysis
Oleocanthal: 301 mg/Kg
Oleacein: 331 mg/Kg
Oleuropein aglycon (monoaldehyde form): 117 mg/Kg
Oleuropein aglycon (dialdehyde forms)*: 642 mg/Kg
Ligstroside aglycon (monoaldehyde form): 63 mg/Kg
Ligstroside aglycon (dialdehyde forms)**: 594 mg/Kg
Total hydroxytyrosol derivatives: 1090 mg/Kg
Total derivatives of tyrosol: 958 mg/Kg
Oleocanthal+Oleacein (Index D1): 632 mg/Kg
Total of analyzed compounds (index D3): 2048 mg/Kg
Comments
The daily consumption of 20 g of the analyzed olive oil sample provides 41 mg of hydroxytyrosol, tyrosol or their derivatives (>5 mg) and consequently the oil belongs to the category of oils that protect the blood lipids from oxidative stress according to the Regulation 432/2012 of the European Union.
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.
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 according to the method published in J. Agric. Food Chem., 2012, 60 (47), pp 11696–11703, J. Agric. FoodChem.,2014, 62(3), 600–607and OLIVAE, 2015, 122, 22-33.
*Oleomissional+Oleuropeindial**Ligstrodial+Oleokoronal

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