

## National and Kapodistrian University of Athens

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22/10/2019

Cert.Num: 1920-C00059

Analysis Date: 18/10/2019

Athens,

**CERTIFICATE OF ANALYSIS** 

Brand Name: Owner: DECADER MPALATSOS GEORGIOS

Origin:

PHTHIOTIS GREECE

Chemical Analysis		
Oleocanthal	275	mg/Kg
Oleacein	130	mg/Kg
Oleocanthal + Oleacein (index D1)	406	mg/Kg
Ligstroside aglycon (monoaldehyde form)	25	mg/Kg
Oleuropein aglycon (monoaldehyde form)	36	mg/Kg
Ligstroside aglycon (dialdehyde form)	144	mg/Kg
Oleuropein aglycon (dialdehyde form)	29	mg/Kg
Total tyrosol derivatives	444	mg/Kg
Total hydroxytyrosol derivatives	196	mg/Kg
Total polyphenols analyzed	640	mg/Kg

## **Comments :**

The levels of oleocanthal and oleacein are higher than the average values (135 and 105 mg/Kg respectively) 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 12.8 mg 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 according to the method published in J.Agric. Food Chem., 2012, 60 (47), pp 11696-11703, J.Agric. Food Chem., 2014 62 (3), 600-607 and OLIVAE, 2015, 122, 22-33.

\*Oleomissional+Oleuropeindial \*\*Ligstrodial+Oleokoronal

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