

**World Olive Center for Health**

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Athens: 03/04/2023**Cert. Num: C2223-00790****CERTIFICATE OF ANALYSIS****Brand Name:** Nikolaou Family ΑΓΟΥΠΕΛΑΙΟ**Analysis Date:** 29/03/2023**Owner:** Nikolaou Family**Variety:** BLEND**Origin:** MEGARA ATTICA GREECE**Harvesting Period:****Production Date:****Oil Mill:** NIKOLAOU PANAGIOTIS**Chemical Analysis**

Oleocanthal	91	mg/Kg
Oleacein	57	mg/Kg
Oleocanthal+Oleacein (index D1)	148	mg/Kg
Ligstroside aglycon (monoaldehyde form)	37	mg/Kg
Oleuropein aglycon (monoaldehyde form)	36	mg/Kg
Ligstroside aglycon (dialdehyde form)*	86	mg/Kg
Oleuropein aglycon (dialdehyde form)**	41	mg/Kg
Free Tyrosol	28	mg/Kg
Total tyrosol derivatives	241	mg/Kg
Total hydroxytyrosol derivatives	134	mg/Kg
Total polyphenols analyzed	376	mg/Kg

Comments:

The daily consumption of 20 g of the analyzed olive oil provides 7,51mg 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+Oleokoronal

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