



World Olive Center for Health

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Athens 06/12/2021
Cert. Num: C2122-00446

CERTIFICATE OF ANALYSIS

Brand Name: 8:26 Histories Charilaos Gounaras
Owner: 8:26 Histories Charilaos Gounaras
Variety: BLEND
Origin: PSAXNA EVIA GREECE
Harvesting Period: November 2021
Oil Press: Attika Olive oil Export Ltd

Analysis Date: 06/12/2021

Production Date:

Chemical Analysis

Acidity: 0,07(<0,8)	
Peroxides: 6,80 meqO2/Kg (<20)	
K232: 1,799 (<2,5), K270: 0,066 (<0,22), ΔK: -0,0080	
Oleocanthal	165 mg/Kg
Oleacein	79 mg/Kg
Oleocanthal+Oleacein (index D1)	244 mg/Kg
Ligstroside aglycon (monoaldehyde form)	25 mg/Kg
Oleuropein aglycon (monoaldehyde form)	34 mg/Kg
Ligstroside aglycon (dialdehyde form)*	116 mg/Kg
Oleuropein aglycon (dialdehyde form)**	53 mg/Kg
Free Tyrosol	<5 mg/Kg
Total tyrosol derivatives	306 mg/Kg
Total hydroxytyrosol derivatives	166 mg/Kg
Total polyphenols analyzed	472 mg/Kg

Comments:

The levels of oleocanthal are higher than the average values (135 mg/Kg) 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 9,45mg 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, 600-607 & Molecules, 2020, 25, 2449. *Oleomissional+Oleuropeindial **Ligstrodiol+Oleokoronol

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