



World Olive Center for Health

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Athens: 03/12/2024

Cert. Num: C2425-00384

CERTIFICATE OF ANALYSIS

Brand Name: HOLY MOUNT OLIVE OIL- SAMPLE 8
Owner: KAIMAKIS GRIGORIS
Variety: GALANI CHALKIDIKIS
Origin: CHALKIDIKI GREECE
Harvesting Period: 2024
Oil Mill:

Analysis Date: 03/12/2024

Production Date:

Chemical Analysis

Oleocanthal	198	mg/Kg
Oleacein	76	mg/Kg
Oleocanthal+Oleacein (index D1)	274	mg/Kg
Ligstroside aglycon (monoaldehyde form)	30	mg/Kg
Oleuropein aglycon (monoaldehyde form)	29	mg/Kg
Ligstroside aglycon (dialdehyde form)*	76	mg/Kg
Oleuropein aglycon (dialdehyde form)**	39	mg/Kg
Free Tyrosol	15	mg/Kg
Total tyrosol derivatives	319	mg/Kg
Total hydroxytyrosol derivatives	143	mg/Kg
Total polyphenols analyzed	463	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 9,25mg 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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