



World Olive Center for Health

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Athens: 16/01/2025

Cert. Num: C2425-00554

CERTIFICATE OF ANALYSIS

Brand Name: HOLISTON
Owner: GIORGIOU ANDREAS
Variety: KORONEIKI
Origin: IALYSSOS RHODOS DODEKANISA GREECE
Harvesting Period: 2024
Oil Mill:

Analysis Date: 15/01/2025

Production Date:

Chemical Analysis

Oleocanthal	170	mg/Kg
Oleacein	132	mg/Kg
Oleocanthal+Oleacein (index D1)	302	mg/Kg
Ligstroside aglycon (monoaldehyde form)	49	mg/Kg
Oleuropein aglycon (monoaldehyde form)	63	mg/Kg
Ligstroside aglycon (dialdehyde form)*	228	mg/Kg
Oleuropein aglycon (dialdehyde form)**	136	mg/Kg
Free Tyrosol	22	mg/Kg
Total tyrosol derivatives	468	mg/Kg
Total hydroxytyrosol derivatives	331	mg/Kg
Total polyphenols analyzed	799	mg/Kg

Comments:

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.

The daily consumption of 20 g of the analyzed olive oil provides 15,98mg 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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