



World Olive Center for Health

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Athens: 15/02/2024

Cert. Num: C2324-00487

CERTIFICATE OF ANALYSIS

Brand Name: LACONIKO EXTRA VIRGIN OLIVE OIL

Analysis Date: 14/02/2024

Owner: Laconiko

Variety: KORONEIKI

Origin: Lakonia Greece

Harvesting Period: October 2023

Production Date:

Oil Mill:

Chemical Analysis

Oleocanthal	346	mg/Kg
Oleacein	130	mg/Kg
Oleocanthal+Oleacein (index D1)	477	mg/Kg
Ligstroside aglycon (monoaldehyde form)	25	mg/Kg
Oleuropein aglycon (monoaldehyde form)	29	mg/Kg
Ligstroside aglycon (dialdehyde form)*	58	mg/Kg
Oleuropein aglycon (dialdehyde form)**	31	mg/Kg
Free Tyrosol	18	mg/Kg
Total tyrosol derivatives	447	mg/Kg
Total hydroxytyrosol derivatives	191	mg/Kg
Total polyphenols analyzed	638	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 12,76mg 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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