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Athens: 27/01/2025
Cert. Num: C2425-00585

CERTIFICATE OF ANALYSIS

Brand Name: EFKRATO
Owner: SILVERGREEN LP
Variety: TSOUNATI
Origin: RETHYMNO
Harvesting Period: 8-23/10/2024
Oil Mill:

Analysis Date: 27/01/2025

Production Date: 23/10/2024

Chemical Analysis

Oleocanthal	101	mg/Kg
Oleacein	57	mg/Kg
Oleocanthal+Oleacein (index D1)	158	mg/Kg
Ligstroside aglycon (monoaldehyde form)	81	mg/Kg
Oleuropein aglycon (monoaldehyde form)	65	mg/Kg
Ligstroside aglycon (dialdehyde form)*	609	mg/Kg
Oleuropein aglycon (dialdehyde form)**	187	mg/Kg
Free Tyrosol	23	mg/Kg
Total tyrosol derivatives	814	mg/Kg
Total hydroxytyrosol derivatives	310	mg/Kg
Total polyphenols analyzed	1.124	mg/Kg

Comments:

The daily consumption of 20 g of the analyzed olive oil provides 22,48mg 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 **Ligstrodial+Oleokoronal

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