World Olive Center for Health
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Athens: **29/12/2025**

Cert. Num: **C2526-00544**

CERTIFICATE OF ANALYSIS

Brand Name: KRITSA
Owner: AGRICULTURAL COOPERATIVE OF KRITSA
Variety: KORONEIKI
Origin: AG. NIKOLAOS CRETE
Harvesting Period: NOVEMBER 2025
Oil Mill:

Analysis Date: 24/12/2025

Production Date:

Chemical Analysis

Oleocanthal	140	mg/Kg
Oleacein	74	mg/Kg
Oleocanthal+Oleacein (index D1)	214	mg/Kg
Ligstroside aglycon (monoaldehyde form)	49	mg/Kg
Oleuropein aglycon (monoaldehyde form)	63	mg/Kg
Ligstroside aglycon (dialdehyde form)*	179	mg/Kg
Oleuropein aglycon (dialdehyde form)**	80	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	367	mg/Kg
Total hydroxytyrosol derivatives	217	mg/Kg
Total polyphenols analyzed	585	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 11,69mg 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.
*Ligstrodial+Oleokoronal **Oleomissional+Oleuropeindial

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