



**National and Kapodistrian
University of Athens**

Faculty of Pharmacy
Department of Pharmacognosy & Natural Products Chemistry
Panepistimiopolis Zografou
15771, Athens
Tel: +30 210 72 74052
magiatis@pharm.uoa.gr



Athens, 16/11/2021
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CERTIFICATE OF ANALYSIS

Brand Name: HOLY MOUNT OLIVE OIL **Analysis Date:** 16/11/2021
Owner: KAUMAKIS GRIGORIS "HOLY MOUNT BIO PRODUCTS"
Variety: GALANO METAGGITSIOU CHALKIDIKIS
Origin: CHALKIDIKI GREECE
Harvest Period: October 2021 **Production Date:** 27/10/2021

Chemical Analysis

Oleocanthal	211 mg/Kg
Oleacein	76 mg/Kg
Oleocanthal + Oleacein (index D1)	287 mg/Kg
Ligstroside aglycon (monoaldehyde form)	21 mg/Kg
Oleuropein aglycon (monoaldehyde form)	24 mg/Kg
Ligstroside aglycon (dialdehyde form)	42 mg/Kg
Oleuropein aglycon (dialdehyde form)	22 mg/Kg
Free Tyrosol	<5 mg/Kg
Total tyrosol derivatives	273 mg/Kg
Total hydroxytyrosol derivatives	121 mg/Kg
Total polyphenols analyzed	394 mg/Kg

Comments :

The levels of oleocanthal are higher than the average values (135 mg/Kg respectively) 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 7.9 mg 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 according to the method published in J.Agric. Food Chem., 2012, 60 (47) , pp 11696-11703, J.Agric. Food Chem., 2014 62 (3) , 600-607 and OLIVAE, 2015, 122, 22-33.

*Oleomissional+Oleuropeindial **Ligstrodial+Oleokoronal

Magiatis Prokopios
PROKOPIOS MAGIATIS
ASSOCIATE PROFESSOR
UNIVERSITY OF ATHENS
FACULTY OF PHARMACY
DEPARTMENT OF PHARMACOGNOSY
AND NATURAL PRODUCTS CHEMISTRY