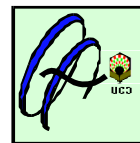




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Sample analyzed: PICUAL FINCA DUERNAS Organic Extra Virgin Olive Oil

Hidroxitirosol derivates: 514 mg/kg

Tirosol derivates: 770 mg/kg

Total Phenolic amount: 1290 mg/kg

Comments to the results

The daily intake of 20gr of this extra virgin olive oil provides **25,7mg** of hidroxitirosol, tirosol and derivates, a higher quantity than what it is recommended by the European Union Directive 432/2012 (5 mg/day) based on the Health Declaration of the European Food Safety Agency (EFSA). For that reason, the daily consumption of this olive oil provides the beneficial effects included in such declaration and especially the protection of the blood lipids against oxidation

Sample analyzed: ARBEQUINA FINCA DUERNAS Organic Extra Virgin Olive Oil

Hidroxitirosol derivates: 343 mg/kg

Tirosol derivates: 461 mg/kg

Total Phenolic amount: 806 mg/kg

Comments to the results

The daily intake of 20gr of this extra virgin olive oil provides **16.1 mg** of hidroxitirosol, tirosol and derivates, a higher quantity than what it is recommended by the European Union Directive 432/2012 (5 mg/day) based in the Health Declaration of the European Food Safety Agency (EFSA). For that reason, the daily consumption of this olive oil provides the beneficial effects included in such declaration and especially the protection of the blood lipids against oxidation.

Córdoba, February 2019