World Olive Center for Health
76 Imittou St. 5th floor
11634, Pagkrati, Athens
Tel: 2107525134
info@worldolivecenter.com

Athens: **23/10/2026**

Cert. Num: **C2627-70112**

CERTIFICATE OF ANALYSIS

Brand Name: OLIVE POEM

Owner: KOUTSOTHEODORIS THEODOROS MICHAEL

Variety:

Origin:

Harvesting Period:

Oil Mill:

Analysis Date: 14/10/2026

Production Date:

Chemical Analysis

Oleocanthal	783	mg/Kg
Oleacein	392	mg/Kg
Oleocanthal+Oleacein (index D1)	1,175	mg/Kg
Ligstroside aglycon (monoaldehyde form)	58	mg/Kg
Oleuropein aglycon (monoaldehyde form)	44	mg/Kg
Ligstroside aglycon (dialdehyde form)*	228	mg/Kg
Oleuropein aglycon (dialdehyde form)**	58	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	1,068	mg/Kg
Total hydroxytyrosol derivatives	494	mg/Kg
Total polyphenols analyzed	1,562	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 31,24mg 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

Magiatis Prokopios

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