

**World Olive Center for Health**

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Athens: 11/11/2025**Cert. Num:** C2526-00267**CERTIFICATE OF ANALYSIS**

Brand Name: NAFSIKA
Owner: DELLIS ESTATE
Variety: LIANOLIA
Origin: CORFU
Harvesting Period: OCTOBER 2025
Oil Mill:

Analysis Date:**Production Date:** 20/10/2025**Chemical Analysis**

Oleocanthal	224	mg/Kg
Oleacein	64	mg/Kg
Oleocanthal+Oleacein (index D1)	288	mg/Kg
Ligstroside aglycon (monoaldehyde form)	58	mg/Kg
Oleuropein aglycon (monoaldehyde form)	34	mg/Kg
Ligstroside aglycon (dialdehyde form)*	225	mg/Kg
Oleuropein aglycon (dialdehyde form)**	24	mg/Kg
Free Tyrosol	<5	mg/Kg
Total tyrosol derivatives	507	mg/Kg
Total hydroxytyrosol derivatives	122	mg/Kg
Total polyphenols analyzed	629	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 12,58mg 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.

*Ligstrodiol+Oleokoronol **Oleomissional+Oleuropeindial

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