



POLYPHENOLS

Explained

WHAT ARE POLYPHENOLS

Phenols are antioxidants in olive oil and other foods that boast health benefits. Phenol levels are dependent on olive type, weather patterns, farming practices, time of harvest, manufacturing conditions and more. Polyphenols are highest at harvest and drop throughout the oil's life. Pinpointing an exact polyphenol number in an oil is nearly impossible.

THE TESTING PROCESS

Testing outcomes vary widely because the industry does not offer testing oversight nor require the use of a certified lab. Labs use different measuring devices and reference standards.

WHAT ABOUT HIGH PHENOLIC OILS?

"High Intensity" or "High Phenolic" or "Ultra Phenol" oils on the market boast high numbers but are also extremely astringent. Most folks don't find them palatable.

CHOOSING OIL & PROTECTING POLYPHENOLS

- 1- Choose Single Varietal Extra Virgin Olive Oil like our Arbequina and Koroneiki oils
- 2- Choose oils that are young and close to their press date. No oil at Red Stick Spice is older than 1 year. We also know the harvest and press dates of every oil in the shop.
- 3- Store oil in a dark container + a cool place. Our dark green bottles help protect your oil.