



***Extra virgin olive oil  
Mannioil  
March 2024***

**Samples:**

- Per me 2023
- Per mio figlio 2023
- Oil of life 2023

**Analysis of acidity, peroxides and total antioxidant capacity (CDR-Oxitester instrument):**

	Per me 2023	Per mio figlio 2023	Oil of life 2023
Acidity (% oleic acid)	0,15	0,18	0,13
Peroxides (mEq/Kg O <sub>2</sub> )	14,27	12,61	6,06
Total antioxidant capacity (mg/kg tyrosol)	636	617	733

**HPLC-DAD-MS characterization of minor polar compounds (MPC)**

Composti identificati	Per me 2023 mg/L	Per mio figlio 2023 mg/L	Oil of life 2023 mg/L
Hydroxytyrosol	1,07	1,34	1,48
Tyrosol	1,06	1,57	1,14
Elenolic acid derivatives	8,91	10,15	12,06
Elenolic acid	62,77	50,87	57,01
Oleacein	160,67	183,15	150,78
Oleocanthal	62,05	71,11	98,94
Secoiridoid derivatives	9,02	12,24	5,74
Lignans	69,83	83,15	82,98
Oleuropein aglycone	86,59	98,09	120,66
<b>Total Minor Polar Compounds (MPC)</b>	<b>461,97</b>	<b>511,67</b>	<b>530,79</b>

The European Food Safety Authority (EFSA) made a health claim (EU 432/2012) about the extra virgin olive oil and its antioxidant activity (anti-aging) and the decreased risk of coronary heart disease with a minimum intake of 20g of oil per day with 5 mg of hydroxytyrosol and its derivatives.



UNIVERSITÀ  
DEGLI STUDI  
FIRENZE

**DISIA**

DIPARTIMENTO DI STATISTICA,  
INFORMATICA, APPLICAZIONI  
"GIUSEPPE PARENTI"

ECCELLENZA 2023-27

Per Me 2023: 249.1 mg/L of hydroxytyrosol and its derivatives per serving of 20 grams of EVOO:

5.42 mg

Per Mio Figlio 2023: 284.2 mg/L of hydroxytyrosol and its derivatives per serving of 20 grams of

EVOO: 6.18 mg

Oil of life 2023: 274.1 mg/L of hydroxytyrosol and its derivatives per serving of 20 grams of

EVOO: 5.96 mg