

# OLI ARTESA EXTRA VIRGIN OLIVE OIL

## PRODUCT DATA SHEET



**EXTRA VIRGIN OLIVE OIL** is a Natural Vegetable Oil original from the Mediterranean area and broadly used in cooking and fine cuisine. **EXTRA VIRGIN OLIVE OIL** comes from the first pressing of the olive, it is extracted without using heat (cold press) nor chemicals. The less the olive oil is handled, the closer to its natural state, the better the oil.

**EXTRA VIRGIN OLIVE OIL** is the greatest exponent of monounsaturated fats, and it is a prime component of the Mediterranean Diet which has been scientifically proven to be beneficial for many organs.

## BENEFICIAL EFFECTS OF OLIVE OIL

The beneficial health effects of **OLIVE OIL** are due to both its high content of monounsaturated fatty acids and its high content of antioxidative substances.

Studies have shown that **OLIVE OIL** offers protection against heart disease by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels<sup>1-3</sup>.

**EXTRA VIRGIN OLIVE OIL** helps to protect and has a toning effect of skin. Protect against the aging of cells thanks to the antioxidant effect of the high vitamin E content.

To digestive system **EXTRA VIRGIN OLIVE OIL** improves the working of the stomach, liver, pancreas and intestines and helps to prevent ulcers.

From a gastronomic point of view, **EXTRA VIRGIN OLIVE OIL** is very resistant to high temperatures, and is therefore extremely efficient.

# OLI ARTESA

## EXTRA VIRGIN OLIVE OIL

### TECHNICAL & NUTRITIONAL DATA

**Appearance:** Yellow or yellow-greenish oil  
**Acid Index:** < 0.8 mg KOH/g  
**Peroxide Index:** ≤ 20 meq O<sub>2</sub>/Kg

NUTRITIONAL INFORMATION	TYPICAL g/100 g
Energy	3768 KJ or 900 Kcal
Proteins	0
Fibres	0
Fat	100
of which, polyunsaturated fatty acids	8
monounsaturated fatty acids	79
saturated fatty acids	13
Cholesterol	0
Salt content	0

**EXTRA VIRGIN OLIVE OIL** is perfect for salads, vegetables, mayonnaise, sauces and pasta. Its nice aroma and equilibrated taste make it an essential ingredient in the Mediterranean diet.



<sup>1</sup>.Keys A, Menotti A, Karvonen MJ, et al.: The diet and 15-year death rate in the Seven Countries Study. Am J Epidemiol 124: 903-915 (1986)

<sup>2</sup>.Willett WC: Diet and coronary heart disease. Monog. in Epidemiology and Biostatistics 15: 341-379 (1990)

<sup>3</sup>.World Health Organization: Diet, nutrition, and the prevention of chronic diseases. Report of a WHO Study Group. WHO Technical Report Series 797, Geneva 1990.