



## EXTRA VIRGIN OLIVE OIL

### POLYPHENOLS

Among the most important properties of extra-virgin olive oil there are benefits contributed by polyphenols, a group of natural substances that act positively on the entire human body. Extra-virgin olive oil's polyphenols contain antioxidant properties that fight free radicals, slowing down cell's ageing

### TARGET: CHOLESTEROL

Among several extra-virgin olive oil's properties there is surely the arteries' protection. This happens by regulating the cholesterol levels circulating in our blood.

This parameter is one of the most important factor bound on cardiovascular system's risk. High levels of cholesterol LDL, called also "bad cholesterol", is actually a cause of the atherosclerotic plaques formation, that are narrowings in veins and arteries capable of inducing heart attacks and strokes. Using extra-virgin olive oil reduces the levels of bad cholesterol, and the "good cholesterol", also known with the name HDL, is not minimally effected. Therefore olive oil's juice, as well as a nice condiment, is an excellent way to prevent cardiovascular system's risk.

## SOURCE OF ANTIOXIDANT

The extra-virgin olive oil is a rich source of antioxidants among which are vitamin E, tocopherol and other phenolic substances. These molecules are able to defend our body from premature ageing by fighting free radicals; these are responsible for cell damages typical of ageing, composed of particular reactive forms of oxygen capable to harm DNA and start the genesis of tumors. Thanks to the olive oil, the antioxidants contained in it neutralize the dangerous radicals ensuring longevity to the cells.



## FOR A BETTER DIGESTION

Also the digestive system takes advantage of olive oil that reduces the secretion of gastric acids and, consequently, ulcer formation. Furthermore it has a good impact on the liver, thanks to its balanced composition of fats it has a high detoxifying power

## WHEN AND HOW MUCH?

Consuming extra-virgin olive oil provides an excellent source of precious elements helpful to our body's welfare. But what is the right quantity of olive oil to assume? Crude olive oil or as cooking ingredient? Certainly for a healthy and balanced diet you must not exceed the dose of three spoonful a day. Regarding to the way of use the suggestion is to prefer the crude oil. Also, the extra-virgin olive oil is not harmful for cooking food.

For the percentage of oleic acid contained in olive oil it has a high smoke rating and remains stable at elevate temperatures: the best compromise between high temperature resisting level and antioxidants content that makes it excellent also for cooking.