



The extravirgin olive oil and the Health

The extravirgin olive oil is good for the taste and is good for the health. Since ancient times, the extravirgin olive oil was recommended in treating the suffering of the stomach, the liver and intestine and to heal the skin after burns.

The extravirgin olive oil is considered fundamental for the treatment and prevention of different pathologies and its beneficial properties are recognized world wide. It is an irreplaceable component of the Mediterranean diet, recognized by UNESCO Intangible Cultural Heritage of Humanity, and it continues to be regarded the feeding regime where wellness goes along with the taste. Many clinical and therapeutic studies and investigations have shown that the special relationship between fatty acids, monounsaturated fat, polyunsaturated fat, which characterize the composition of the extravirgin olive oil and the natural presence of tocopherols and polyphenols, make it rich of precious qualities as, for example easy digestibility, retardant action the cellular aging process, preventive action for the gallstones formation, favourable effect for the brain development, help against thrombosis and cholesterol.

Accredited studies refer that the extravirgin olive oil reduces LDL-cholesterol, decreases the blood glucose, increases the "protective" fraction of cholesterol (HDL), and it has an antioxidant action, prevents cardiovascular diseases, protects by some tumours, restricts the effects of the cellular aging process.



The characteristics

The extravirgin olive oil is obtained from the fruit of the species "Olea Europea L.", in the main varieties "Dolce of Rossano or Rossanese", "Tondina Grossa of Cassano" and "Carolea". The denomination, when released to the market, shall have the following properties in each of the four geographical references:

1. DOP "Bruzio" "Colline Joniche Presilane"

main variety "Dolce of Rossano"

Colour: yellow gold with green reflections;

Odor: delicate fruity

Taste: Fruity, with sensation of the sweet almond; total maximum acidity expressed as oleic acid, not exceeding 0,8 g per 100 g of oil

Panel test points: > 6.5;

Peroxide number: < 14;

K 232: < 2.2;

K 270: < 0.20;

Linoleic Acid: < 11%

Total polyphenol: > 150 p.p.m.

2. DOP "Bruzio" "Fascia Prepollinica"

main variety "Tondina"

Colour: green with yellow reflections;

Odor: Medium fruity

Taste: Fruity; total maximum acidity expressed as oleic acid, not exceeding 0,7 g per 100 g of oil

Panel test points: > 6.5;

Peroxide number: < 10;

K 232: < 2.0;

K 270: < 0.20;

Linoleic Acid: < 8%

Total polyphenol: > 200 p.p.m.

3. DOP "Bruzio" "Valle Crati"

main variety "Carolea"

Colour: from green to yellow;

Odor: Medium fruity

Taste: Fruity; total maximum acidity expressed as oleic acid, not exceeding 0,7 g per 100 g of oil

Panel test points: > 6.5;

Peroxide number: < 12;

K 232: < 2.0;

K 270: < 0.20;

Linoleic Acid: < 9%

Total polyphenol: > 200 p.p.m.

4. DOP "Bruzio" "Sibaritide"

main variety "Grossa of Cassano"

Colour: yellow with some green reflections;

Odor: Light fruity

Taste: Light Fruity with slight sensation of bitter; total maximum acidity expressed as oleic acid, not exceeding 0,7 g per 100 g of oil

Panel test points: > 6.5;

Peroxide number: < 10;

K 232: < 2.2;

K 270: < 0.20;

Linoleic Acid: < 13%

Total polyphenol: > 150 p.p.m.

The guarantee

The whole process that regards the extravirgin olive oil DOP "Bruzio" is controlled by the certification agency Suolo e Salute – commissioned by Ministry for Alimentary, Agricultural and Forester Policies (MIPAAF) – which shall verify that the extravirgin olive oil has the requisites and fulfils the conditions set out in the control plan and is in accordance with the specification. The certification agency verifies the links with the territory of each company which is part of the chain, and conducts the examination of the chemical parameters and the analysis of the organoleptic characteristics of the product, guaranteeing the traceability that regards the whole chain of the production from the growers, to the millers, to arrive to package.

Harvesting, pressing, packaging

The harvesting olives for the production of the DOP BRUZIO happens with mechanical means or picking by hand, and shall be made every year, as from the begin of the maturation and until 31 December for the geographical references: "Fascia Prepollinica" and "Valle Crati", and until 15 January for the geographical references: "Colline Joniche Presilane" and "Sibaritide". The pressing of the olive must be made immediately, and in every case within two days from the harvesting. The extravirgin olive oil, must be sold in glass containers or in tinplate of a capacity not exceeding 5 litres. On the label shall be placed the Community trade mark (PDO), the name of the product followed by the indication "DOP Bruzio", and the indication of the the geographical area to which they belong, the serial number which indicates the origin, the capacity of the container and the year of production of the olives.