

HEALTH BENEFITS

The consumption of Extra Virgin Olive Oil is recommended for all ages, being beneficial to our health due to its following properties:

- Contains vitamin E that prevents the oxidation of bad LDL cholesterol, favoring blood flow through the arterial system.
- Contains polyphenols that have antioxidant action, preventing cell aging as well as the appearance of cancer cells.
- Monounsaturated fats that help reduce LDL-cholesterol or bad cholesterol levels.
- In people with diabetes helps to lower blood sugar levels, so they need less insulin.
- It reduces the acid of the esophageal mucosa, stopping and regulating the emptying of the stomach to the duodenum, and decreasing the gastric acidity, thus reducing the risk of gastric ulcers.
- The Extra Virgin Olive Oil is rich in vitamins A, D, E and K that favor the absorption of minerals like calcium, phosphorus, magnesium and zinc. It is effective in the digestive process avoiding the gastric acidity and facilitating the intestinal transit. It also improves blood pressure control and helps control blood glucose levels.
- Taken fasting is beneficial to purify the liver and gallbladder because it is a perfect cholagogue and choleretic.
- The Extra Virgin Olive Oil infiltrates very little in the food, since the chemical variations that are produced in the frying are small and slow. In addition, a crust is made in the food that does not let its constituents escape, that is why it is perfect for the elaboration of fried foods.
- Oleocanthal is an antioxidant found in Extra Virgin Olive Oil. Studies of this molecule have been made and its effects are seen in cancer cells, preventing and acting on them and causing them to die much faster.

OUR OLIVE OILS

Extra Virgin Olive Oil is a natural food that keeps the original aroma and flavor of the olive and depends on the variety of the fruit, the location and treatment in the olive tree cultivation, the time of harvesting, the correction and no aggression in the extraction process and many other factors that make Extra Virgin Olive Oil a unique, very appetizing, nutritious and healthy ingredient.

There is a great variety of olives, only in Spain they surpass two hundred varieties. Our oils are made with the Arbequina and Picual varieties. Each variety of olive is characterized by different nuances in the taste of the oil and by the different level of productivity that it offers:

- Arbequina: It produces a very aromatic oil of green color, almond, nothing bitter or spicy and with characteristic olfactory notes.
- Picual: It produces an oil of green tones, with predominance of slightly bitter and fruity flavors of high fat content and oleic acid.

FOOD USES

Olive oil is a basic food in some countries of the Mediterranean area. It is used as a main culinary ingredient in dressings for various salads, as well as in preserved foods by immersing them in olive oil: fish preserves, vegetables meats, cheeses.

Mixes of olive oil with lemon juice or different vinegars (vinaigrette) are very common. Flavored oils are also used with rosemary, basil, garlic, chili...

As a traditional breakfast in different regions of Spain is used wetting the bread with oil and tomato.

The raw it keeps all its organoleptic properties intact and it also has a great resistance to the degradation by heating. In Spain it is used for frying and as a condiment for everything, being able if it is not heated in excess (if it does not get burned) to be used several times maintaining its quality and qualities stabilized, that is to say intact.

The Extra Virgin Olive Oil should be kept protected from light and kept at a constant average temperature isolated from drafts.