



**OlioVitali since 1950 - Health & Culture - Newsletter N. 3 / 2015**

**In this newsletter:**

**Polyphenols in Extra Vergin Olive Oil**

The anti-inflammatory strength of olive oil rests on its polyphenols. These anti-inflammatory compounds include at least nine different categories of polyphenols and more than two dozen well-researched anti-inflammatory nutrients. Research has documented a wide variety of anti-inflammatory mechanisms used by olive oil polyphenols to lower our risk of inflammatory problems.



These anti-inflammatory benefits of extra virgin olive oil do not depend on large levels of intake. As little as 1-2 tablespoons of extra virgin olive oil per day have been shown to be associated with significant anti-inflammatory benefits.

**Photo Gallery:**

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#healthylife

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Marketing Event at OWSpace Beijing and Natural Gas Yacht Club in Shanghai



*The most common fraud is to mix 95% of odorless oil and / or lamp oil with 5% extra virgin olive oil and sell to the final consumer this mix as extra virgin olive oil at a price lower than the cost of production of true extra virgin olive oil.*

*When the final consumer find in the market an extra virgin olive that cost less than the cost of production have to ask him/her self...  
“what am i buying?”*





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