

### Extra Virgin Arbequina Olive Oil Can Companyó

#### **Tasting Notes:**

Green oil, dense, intensely fruity and with a very well balanced profile. Its aroma is clean and fresh, with vegetables notes of the variety such as: green grass, tomato plant, green almond and artichoke. In mouth is fluid, with an almond sensation, slightly spicy and sweet-natured.

#### **NUTRITIONAL FACTS**

##### **Serving Size 1 Tbsp (15 ml.)**

|                             |      |                                  |
|-----------------------------|------|----------------------------------|
| Amount per serving          |      | Calories from FAT 130            |
| <b>Calories:</b>            | 130  | <b>% Daily Value *</b>           |
| <b>Sugar:</b>               | 0 %  | 0 %                              |
| <b>Salt:</b>                | 0 %  | 0 %                              |
| <b>Protein:</b>             | 0 %  | 0 %                              |
| <b>Total Carbohydrate::</b> | 0 %  | 0 %                              |
| <b>Total Fat:</b>           | 14 g | 22 %                             |
| Saturated Fat:              | 2 g  | 10 %                             |
| Trans Fat:                  | 0 g  |                                  |
| Monounsaturated Fat:        | 11 g | * Percent Daily Values are based |
| Polyunsaturated Fat:        | 1 g  | on a 2.000 Calorie Diet.         |

#### **QUALITY INDICES**

|                                                        |                                    |
|--------------------------------------------------------|------------------------------------|
| <b>Maximum Acidity: 0,3%.</b>                          | <b>K<sub>232</sub> : &lt; 2,5.</b> |
| <b>Peroxide Value: &lt; 20 meq O<sub>2</sub> / Kg.</b> | <b>K<sub>270</sub> : &lt; 0,2.</b> |
| <b>Waxes: &lt; 250 mg / Kg.</b>                        | <b>Delta-K: &lt; 0,1.</b>          |



## **EXTRA VIRGIN ARBEQUINA OLIVE OIL**



## **Can Companyó**

**Superior category olive oil  
obtained directly from olives and  
solely by mechanical means.**

**OWN HARVEST**

**Cold Extraction**

**Produced in Can Companyó Cat, S.L.  
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## **Extra Virgin Arbequina Olive Oil Can Companyó**

### **Who are we?**

Can Companyó Cat, SL is a family business that combines the tradition of field work with new technologies to obtain a high quality product: Extra Virgin Olive Oil Can Companyó.

### **Where are we?**

We are located in the municipalities of Llagostera and Caldes de Malavella, Girona. The access to the property is via the country road C-35 at kilometre 94,5.

### **What is Can Companyó Farm?**

The Can Companyó farm is from the twelfth century a landmark in agricultural production. The main farmhouse, surrounded by olive trees, is the supporting point of the agricultural exploitation. It was built with the common sense of rural culture and integrated into the landscape.

Today we continue the agricultural tradition, adapting new production technologies and new technology to our olive grove.

### **How our oil is produced?**

The development of Extra Virgin Olive Oil Can Companyó is completely handmade in concept. We produce extra virgin olive oil, first cold pressed, only by mechanical processes from our own olives of the variety Arbequina, allowing us to guarantee the best quality at all times of our product.

### **Why take Extra Virgin Olive Oil Can Companyó?**

It is "pure olive juice", no additives or preservatives, naturally extracted by mechanical methods in cold. That's why our oil preserves the flavour and all the nutritional properties of the fruit of the olive tree.

Furthermore:

- The Extra Virgin Olive oil is rich in vitamins A, D, K and especially **Vitamin E**. That's why the continued uses of it slows the aging of cells and protect and regenerate the epidermis. Applied to the skin, the Extra Virgin Olive Oil provides a moisturizing and toning the skin.
- Regular consumption of Extra Virgin Olive Oil seems to reduce the risk of some cancers such as breast, endometrial, ovary and colon.
- A diet rich in Extra Virgin Olive Oil is beneficial for diabetes, as it reduces the level of glucose in the blood.
- Eating a diet rich in Extra Virgin Olive Oil produces a decrease in blood of cholesterol, with the peculiarity that while maintaining the levels of HDL, which is the protective fraction of atherosclerosis significantly, reduces the rate of LDL (Cholesterol bad).
- Eat a diet rich in Extra Virgin Olive Oil reduces the risk of atherosclerosis.
- For the skeletal system is also beneficial, as well as promote bone growth, facilitates the absorption of calcium in the bones and help prevent bone diseases associated with age.
- The Extra Virgin Olive Oil is antioxidant, cardiovascular flow easier, helps delay aging and also aids digestion, reduces the risk of heart disease and helps keep blood pressure low.

