



Vitali

Olio EXTRA VERGINE di Oliva

Nutraceuticals aspects of extra virgin olive oil



It's just started the new production 2013/2014. This year "Olio Vitali" will give you some useful information to learn more on extra virgin olive oil and its benefits related to the human health.

For example, did you know that:

- Extra Virgin Olive oil is the food most similar to breast milk .

essential fatty acids , linoleic acid (AL) and alpha-linolenic acid (ALA) , progenitors respectively of series n- 6 and n -3, they are extremely important and should be taken with food , as the human body is unable to synthesize them. They are found in olive oil in not high quantities, but in a relationship that is close to that of breast milk.

- The essential fatty acids of extra virgin olive oil, intervene decisively in the function of the cardiovascular system, immune system and inflammation , blood clotting , kidney function , etc. .

Every week we will send you an email containing some information such as this . If you wish to be removed from our email list please let us know, we will do it immediately.