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Phenolio (Bio)

Data Sheet

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Organic Olive Oil with High Polyphenol Content

PHENOLIO is our premium olive oil with an exceptionally high concentration of polyphenols.

Our extra virgin olive oil in the highest organic quality from Andalusia with an exceptionally high polyphenol content.

To achieve the highest possible polyphenol content, our olive oil is not extracted by pressing, but exclusively by light-protected centrifugation.

- Stiftung Warentest Winner
- Oxidative Protection
- High polyphenol content >800mg/kg
- Light-Protected Centrifugation
- Organic Quality

What is Phenolio (Bio)?

PHENOLIO is our **premium olive oil** with an exceptionally high concentration of polyphenols. PHENOLIO contains over 800 mg of polyphenols per kg of olive oil. By comparison, most olive oils contain between 100 - 300 mg/kg. These compounds contribute to the health benefits and distinctive flavor of the olive oil.

The **polyphenols** in olive oil are the true allies of our blood vessels. Only when cholesterol is oxidized and sticky substances (e.g. thromboxane B2) are active can the dreaded deposits form on the walls of blood vessels.

Our extra virgin olive oil in **organic quality** comes from a certified producer in southern Spain. To guarantee the highest quality, we exclusively choose oils obtained through centrifugation, not pressing. The light-protected centrifugation and optimal storage ensure that the valuable polyphenols are preserved. This way, our **PHENOLIO** achieves an exceptionally high value.

Why Phenolio (Bio) from artgerecht?

- Olive oil with an extremely high polyphenol content in organic quality

- Unique production process using light-protected centrifugation to preserve valuable polyphenols
- Very high polyphenol content of >800 mg/kg
- Oxidative protection: Polyphenols help protect blood fats from oxidative stress
- Can prevent deposits on blood vessel walls
- Positive effect on cholesterol metabolism
- The fruity and peppery taste is ideal for salads, sauces, bruschetta, meat, fish, legumes, and pasta
- Stiftung Warentest winner (2021)

Scientific background to Phenolio (Bio)?

Polyphenols are a group of biologically active compounds found in many plant-based foods. They have a positive impact on cholesterol metabolism and possess antioxidant properties, which means they can help reduce cell damage caused by free radicals. When, for example, cholesterol oxidizes and sticky substances (such as thromboxane B2) are active, deposits can form on the walls of blood vessels.

Polyphenols are found in a variety of foods, such as fruits, vegetables, tea, coffee, red wine, and dark chocolate. They are associated with various health benefits, including supporting the cardiovascular system and reducing inflammation.

PHENOLIO is extra virgin olive oil with an exceptionally high polyphenol content, derived from a very special variety of olive tree in Andalusia.

Frequently Asked Questions

What are Polyphenols?

Polyphenols are secondary plant compounds that have positive effects on the body. Olive oil polyphenols help protect blood fats (cholesterol) from oxidative stress. The positive effect is achieved with a daily intake of 20 g of olive oil.

How high is the Polyphenol content?

The polyphenol content naturally changes over time, like all biological substances in olive oil. After bottling post-harvest, the content is usually above 1,000 mg/kg. The polyphenol content is at least 800 mg/kg. The rate and speed at which these degradation processes occur are also influenced by storage conditions. Since we cannot know how our customers store the olive oil, we cannot estimate how much this may alter the polyphenol content. We use nearly UV- and light-proof glass bottles. We have remained loyal to our supplier from Andalusia, as they reliably deliver high quality. What is crucial for the high polyphenol content (depending on the harvest, sometimes over 1,200 mg/kg) is not just the centrifugation and storage.

How does PHENOLIO achieve such a high polyphenol content?

What is important are the special olive variety, the timing of the harvest, the harvesting method, organic cultivation, and of course, the gentle processing. The olives are partly hand-picked and partly harvested using gentle shakers. It is especially important that the fruits remain intact. The olives are carefully caught in nets and then collected in large containers in the shade. From there, they go directly for further processing—without any additional storage. The centrifugation process is done with minimal oxygen exposure, which is often unavoidable with traditional pressing. This helps preserve the valuable active ingredients as best as possible.

Why should I not do without olive oil and use PHENOLIO in my kitchen?

PHENOLIO is extra virgin olive oil with a very high polyphenol content. Polyphenols are

secondary plant compounds that have a positive influence on cholesterol metabolism.

From which olive variety is Phenolio made?

Phenolio is made from the Picual olive variety. This is one of the best-known and most widely cultivated varieties in Spain, especially in the Andalusia region. Olive oil from Picual is known for its intense flavor and high content of antioxidants and polyphenols, making it ideal for products like Phenolio that focus on health-promoting properties.

Ingredients

Extra Virgin Olive Oil

| Content | Per 100g |
|-------------------------------|--------------------|
| Energy | 3699 kJ / 884 kcal |
| Fat content | 100 g |
| - Saturated fatty acids | 15 g |
| - Polyunsaturated fatty acids | 8 g |
| - Monounsaturated fatty acids | 77 g |
| Carbohydrates | 0 g |
| Protein | 0 g |
| Salt | 0 g |
| Vitamin E | 20 mg |

Recommended intake

The positive effect begins with a daily intake of 20 g of olive oil.

Additional information

- SKU/MPN: 15176
- Content: 500 ml
- Net filling quantity: 500 ml
- EAN/GTIN: 4260474151769
- PZN (DE): 16836841
- PZN (AT): 5384583
- Customs tariff number: 15092000
- Origin: ES
- Version: 15.12.2025

