

Exelien

Organic

**EXTRA VIRGIN
OLIVE OIL
OF SUPERIOR CATEGORY**

NUTRACEUTICAL

Delicious, Healthy, 100% Natural.



The king of the Mediterranean diet: The healthy nutraceutical **OLIVE** Oil.

Delicious

IN SEARCH OF A 200-YEAR-LONG PASSION. .

We have rediscovered and selected the best native cultivars of our territory to offer a product that is both good and balanced to the palate. A unique and refined flavor that comes from the long tradition of Italian olive oil production. We make olive oil 'as it was once upon a time' combining the heritage of the past with a look towards the future.

Healthy*

"Our goal has been to develop an innovative and versatile EVOO oil, i.e. a product suitable for the different needs of the whole family."

Domenico Scervino
Head of Technical Department

The high content of **polyphenols** and **vitamin E**, along with other nutrients (**squalene, vitamins A-D-K**) and over 86% unsaturated fatty acids (including **oleic and linoleic acids**), make EXELIEN an incredibly healthy product that is useful in the daily diet.

100% Natural

ORGANIC CERTIFIED SINCE 1997



Rich of unsaturated fats

NUTRITION FACTS

IN 3,40 FL OZ OF PRODOUCT		%NRV*	
Calories	3650 Kj - 890 Kcal	Total Carbohydrates	0 g
Total Fats	91,6 g	ugars	0 g
Saturated Fat	12 g	Dietary Fiber	0 g
Monounsaturated Fats	70,6 g	Protein	0 g
Polyunsaturated Fats	9 g	Salt	0 g
		Vitamin E	29 mg
			242

POLYPHENOLS 276 mg/kg

* DAILY REFERENCE NUTRITIONAL FACTS

High content of Polyphenols

More than twice the Vitamin E content of a normal olive oil**



Our olive groves are submerged in the unspoiled nature of the Ionian coastal hills of Calabria, in Italy. An ideal territory for olive growing due to favorable climatic conditions and morphological characteristics, suitable for organic farming and sustainable development.



STRENGTHENS THE IMMUNE SYSTEM

THE UTILITY OF ANTIOXIDANTS. Oxidation is a process involving reactions that occur continuously within the body, resulting in the formation of **free radicals**. **Vitamin E (alpha-tocopherol), carotenoids** and **phenolic compounds** (such as **hydroxytyrosol** and **oleuropein**) are all antioxidants whose activity has recently been demonstrated, revealing benefits in the prevention of **cellular ageing** and some diseases.

- ▶ Rheumatoid Arthritis
- ▶ Cognitive Function
- ▶ Cancer
- ▶ Cellular and Skin Ageing
- ▶ Osteoporosis

PREVENTS DISEASES OF THE CARDIOVASCULAR SYSTEM

"The lowest rates of death from coronary heart disease are currently recorded in countries where olive oil is virtually the only fat consumed"

Professor
Francisco Grande Covián

The progression of cardiovascular disease is closely linked to dietary habits and depends on many factors including high cholesterol, hypertension, diabetes, and cigarette smoking. The unsaturated fatty acids contained in Exelien **lower** the levels of **LDL ('bad') cholesterol** and **triglycerides**; at the same time they can **increase** the levels of **HDL cholesterol**, which plays a protective role and prevents the formation of fat accumulations, thus stimulating the **elimination of low-density lipoproteins**.

The beneficial effect of olive oil consumption with regard to cardiovascular disease has been demonstrated both in primary prevention, where it reduces the risk of developing the diseases, and in secondary prevention, where it prevents recurrence after a first coronary event.

- ▶ Prevents Atherosclerosis
- ▶ Lowers Blood Pressure
- ▶ Useful in the treatment of Diabetes

Improves Digestion

- ▶ Stomach
- ▶ Intestines
- ▶ Pancreas
- ▶ Hepato-Biliary Function

Already in ancient times extra virgin olive oil was recommended for assorted digestive disorders and its beneficial properties are now confirmed by epidemiological studies and a wide range of scientific data. Olive oil has a lot of effects along the entire digestive system: it **reduces** the risk of **reflux** of food and gastric juice from the **stomach** to the esophagus, partially **prevents** the **absorption of cholesterol** by the **small intestine** and stimulates the **absorption** of various **nutrients (calcium, iron, magnesium, etc.)**. Moreover, it **guarantees** an optimal **biliary drainage**, the full **emptying** of the **gallbladder** and it is particularly recommended in diseases in which the **pancreatic function** must be preserved.

INDICATED IN BREAST FEEDING AND DURING PREGNANCY

The amount and the type of food consumed in the diet during pregnancy play a key role in the metabolic adaptations that occur in the mother and in her functional relationship with the fetus. During pregnancy and breast feeding it is advisable to consume mainly monounsaturated fats and maintain high levels of vitamin E: the fetus and the newborn need this vitamin to grow and to **fight oxidative stress**. The beneficial effect of essential fatty acids (**linoleic acid and linolenic acid**), in addition to their documented effectiveness in the prevention of **hypercholesterolemia** and **atherosclerosis**, can be seen in their positive influence on the **mineralization** and **development** of bones during childhood.



* www.internationaloliveoil.org/olive-world/olive-oil-health

** ndb.nal.usda.gov/fdc-app.html#/food-details/789038/nutrients



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We are inspired by the principle of sustainability. We exclude the use of substances of chemical synthesis to preserve the model of sustainable development that descends from our ancestors and that we have the obligation to pass on to future generations.



The flavor, the phenolic and vitamin E content, as well as all the nutrients, ranging according to the climatic conditions in the area of production, the quality of the olives and when they are harvested. The methods of production and storage also have an extraordinary importance. In Bio X Farm we combine a centuries-old heritage of olive oil production with the most modern techniques of harvesting and storage to offer the consumer a wide range of high quality product and strictly controlled at all stages of the production chain.



MADE IN ITALY 

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*Inquadra/fotografia
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