



KALAMON OLIVES 250G

PRICE: **4,51** USD

SHIPPING TIME: 24 GODZINY

BRAND: ELLIS FARM



ITEM DESCRIPTION

OLIVES ARE AN IMPORTANT INGREDIENT IN MEDITERRANEAN CUISINE, ONE OF THE HEALTHIEST, IF NOT THE HEALTHIEST, CUISINES IN THE WORLD.

THEY LOWER THE LEVEL OF "BAD" CHOLESTEROL RESPONSIBLE, AMONG OTHERS, IN FOR THE FORMATION OF ATHEROSCLEROSIS. THE STEROLS THEY CONTAIN INHIBIT THE INTESTINAL ABSORPTION OF LDL. OLIVES SUPPORT METABOLISM BY STIMULATING THE LIVER TO SECRETE BILE ACIDS, WHICH IS CAUSED BY THE TRITERPENIC ALCOHOLS PRESENT IN THE OLIVES. AS A RESULT, THE LIVER CLEANS THE BODY OF HARMFUL METABOLIC PRODUCTS FASTER. AN IMPORTANT PROPERTY OF OLIVES IS THEIR ABILITY TO INDUCE A FEELING OF SATIETY, WHICH MAKES THEM A HEALTHY ALTERNATIVE TO QUICK SNACKS. THEY CONTAIN PROVITAMIN A, I.E. THE VITAMIN OF YOUTH, WHICH HAS A GREAT EFFECT ON THE CONDITION OF HAIR, SKIN AND NAILS, AS WELL AS ON VISUAL ACUITY. IN ADDITION, THEY CONTAIN VITAMINS B, C AND E, WHICH ARE ESSENTIAL IN THE FIGHT AGAINST FREE RADICALS.

THE FIRST OLIVE GROVES WERE CREATED IN GREECE OVER 3500 YEARS BC. OLIVES WERE THE BASIS OF THE DIET, AN INGREDIENT OF RELIGIOUS RITUALS, A RAW MATERIAL FOR THE PRODUCTION OF COSMETICS, AND THEIR TWIGS WERE

A SYMBOL OF VICTORY AND FERTILITY. ELLIS FARM'S BLACK OLIVES COME FROM THE FAMILY'S OLIVE GROVE THAT HAS BEEN CULTIVATED FOR SIX GENERATIONS IN CRETE IN THE AGIA VARVARA REGION NEAR HERAKLION. THEY ARE HAND PICKED AND MARINATED ACCORDING TO A TRADITIONAL FAMILY RECIPE.

THE PERFECT COMBINATION OF INGREDIENTS AND CENTURIES-OLD TRADITION, PASSION AND EXPERIENCE GUARANTEE A UNIQUE TASTE EXPERIENCE.

NOT TOO SALTY, NOT TOO BITTER - COOKED TO THE POINT - THE PERFECT COMPLEMENT TO SOCIAL GATHERINGS.

100% NATURAL PRODUCT - ELLIS FARM DOES NOT IMPROVE NATURE.

COMPOSITION: BLACK KALAMON OLIVES WITH STONEVINEGARWATERSEA SALT STORE AT ROOM TEMPERATURE, REFRIGERATE AFTER OPENING.

OLIVES - "THE FRUIT OF LONGEVITY" - SCIENTISTS ARGUE THAT EATING SEVEN PIECES OF FRUIT EACH DAY WITH THE ADDITION OF EVOO (EXTRA VIRGIN OLIVE OIL) AND A LITTLE GOAT CHEESE WILL ENSURE HEALTH AND EXCELLENT CONDITION OF THE BODY.