



## GREEN 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 ARE RICH IN MINERALS - 100 G OF FRUIT CONTAINS APPROXIMATELY: 15 MG OF MAGNESIUM, 16 MG OF SULFUR, 7 MG OF PHOSPHORUS, 44 MG OF POTASSIUM, 54 MG OF CALCIUM, 0.06 MG OF MANGANESE, 0.48 MG OF COPPER, 0.59 MG OF IRON, 0.25 MG OF ZINC, AS WELL AS B VITAMINS, PROVITAMIN A AND VITAMIN C. THEY ARE A GOOD SOURCE OF VITAMIN E, KNOWN AS THE VITAMIN OF YOUTH. THE ANTIOXIDANTS CONTAINED IN OLIVES NEUTRALIZE FREE RADICALS PRESENT IN THE BODY AND THUS CONTRIBUTE TO REDUCING THE RISK OF CANCER. THEY ALSO REDUCE THE LEVEL OF "BAD" CHOLESTEROL IN THE BLOOD. A VALUABLE COMPONENT OF OLIVES IS FIBER, WHICH ACCELERATES INTESTINAL PERISTALSIS, IMPROVES DIGESTION AND GIVES YOU A QUICK FEELING OF FULLNESS.

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 GREEN 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 - THEY ARE THE PERFECT SNACK.**

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

COMPOSITION: GREEN OLIVES WITH PITTEDWATERSEA SALT VINEGAR.

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.