



## GREEN OLIVES WITH ALMOND 250G

PRICE: **6,09** 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.

OLIVES ARE WIDELY REGARDED AS HIGH-FAT FOODS, AND ARE NOT ALWAYS APPRECIATED FOR THE TYPE OF FATS THEY CONTAIN. ALMOST 3/4 OF ALL MONOUNSATURATED FATTY ACIDS ARE VALUABLE OLEIC ACID. IN ADDITION TO THE OBVIOUS BENEFITS OF CONSUMING OLIVES IN TERMS OF THE EFFECT ON THE CARDIOVASCULAR SYSTEM, THEY PERFECTLY SUPPORT THE RESPIRATORY SYSTEM, THE NERVOUS SYSTEM, THE MUSCULOSKELETAL SYSTEM, AS WELL AS THE IMMUNE SYSTEM AND THE DIGESTIVE SYSTEM. OLEUROPEIN CONTAINED IN OLIVES IS ONE OF THE UNIQUE NUTRIENTS WITH UNIQUE ANTI-INFLAMMATORY POTENTIAL. IN HEART PATIENTS, OLIVE POLYPHENOLS CAN BE INVALUABLE IN REDUCING BLOOD LEVELS OF C-REACTIVE PROTEIN. POLYPHENOLS ALSO REDUCE THE ACTIVITY OF THE ARACHIDONIC ACID PATHWAY, WHICH IS ONE OF THE MAIN "SWITCHES" OF INFLAMMATION.

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 WITH ALMOND 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 - PREPARED TO THE POINT - REAL TEMPTRESSES.**

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

COMPOSITION: GREEN OLIVES PITTED, WATER, SEA SALT,ALMOND .

STORE AT ROOM TEMPERATURE, REFRIGERATE AFTER OPENING.

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