

# CORCEL

*Producto de España*

# OLIVE OIL

## SOME DATA RELATED

Olives and Olive Trees are known to be cultivated around the Mediterranean about 6000 years ago.

Its most probable origin could be the Eastern Mediterranean (Ancient Greece).

Greeks, Phoenicians, Romans and Arabs continued perfecting the technique of olive oil production.

As a result of this stable, thousand-year-old tradition (and business), today Spain is the major producer and exporter of olive oil in the world.

Olive Tree is known as an overall **symbol of peace**.



# OLIVE OIL

## AN ALTERNATIVE TO OTHER COOKING FATS

Olive oil is the healthier oil of all oils and the natural juice of the olive fruit, with a **long list of benefits**.

Olive Oil offers a **healthy alternative** to butter, margarine, vegetable oils, tropical oils and high-calorie dressings, and is **essential to the Mediterranean Diet**.

Olive Oil **enhances the flavor of foods**. There's nothing quite like the taste of fresh vegetables, pasta, seafood and chicken made with quality Olive Oil.





## HEALTH BENEFITS OF OLIVE OIL

Olive oil is rich in heart-healthy unsaturated fats and has no trans fat. “Good” fats are monounsaturated and polyunsaturated fats. The lowest rates of heart disease and longevity are found in people who consume mostly unsaturated fats.

Olive oil contains antioxidants that discourage artery clogging and chronic diseases, such as cancer. This fact may also play a role in slowing down the aging process of cells and tissue.

The “beauty oil,” as it’s been called, can also claim to soften and firm skin tissue, giving it more luster.

# TYPES OF OLIVE OIL

## EXTRA VIRGIN OLIVE OIL

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Natural and true  
juice of olives

## OLIVE OIL

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Refined and virgin oil

## OLIVE POMACE OIL

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Obtained from refined  
pomace oil and virgin  
olive oil.

The brand is available in a **WIDE RANGE OF FORMATS**: glass, PET or tin in order to meet all different patterns of consumption and preferences.









# SOVENA ESPAÑA

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