

FAQ

To which category does your olive oil product belong?

Our **Extra Virgin Olive Oils** are multi-awarded authentic Greek products of superior quality, without any alterations or distortions. They all possess an excellent aroma, exquisite taste and color and low acidity (**up to 0.8**) while the content of free fatty acids, expressed in oleic acid, **does not exceed 2 g (2%) per 100 g**

Why should I prefer extra virgin olive oil?

Extra virgin olive oil is a food rich in nutrients, free of cholesterol and rich in antioxidants. Use in combination with a balanced diet has been shown to be particularly beneficial for the body.

It contributes to the good function of the intestine, increases the good cholesterol, while it is extremely beneficial for the function of the heart.

What are the polyphenols in Olive oil?

Polyphenols and other plant antioxidants fight against the oxidative stress by neutralizing harmful oxidating molecules (free radicals) found in the human body as a result of exposure to UV radiation and pollution, but also of smoking, infections, inflammation and an unhealthy diet. Preventing the oxidating stress is in turn strongly related to reducing the risk of a broad number of health conditions (diabetes, inflammation, cancer, heart and circulation conditions, to name some)

A recent study showed that extra virgin olive oil contains a specific phenol compound called oleocanthal, which acts similarly to ibuprofen in the body. This shows the potential for olive oil to help reduce the risk of stroke. **It is believed that two tablespoons of extra virgin olive oil a day is enough to provide these anti-inflammatory benefits.**

How should I conserve it?

Proper storage - preservation, requires tightly closed containers, with all necessary conditions, stored in a dark and cool place away from moisture. We avoid placing it in the refrigerator because the stress that is caused by placing it to normal temperature, after it has been stored in low temperatures, reduces its shelf life. We also avoid keeping it next to heat

sources because heat is a very negative factor to the quality of the product (it is recommended to avoid placing it next to the kitchen hobs)

Where are the Olive groves situated?

*LADELIA Extra Virgin Olive Oil is a Greek product from the Koroneiki variety of Peloponnese. The olive groves are located in **the Peloponnese Region, a region where the olive is cultivated with the same dedication from antiquity to today, playing an important role in everyday life throughout the centuries.** The bottling factory is located in Tripoli.*

When is the best harvest period?

The best harvest period, in order to get the best possible olive oil is when the fruit changes its color, in particular when it starts to turn pale yellow and slightly violet from its prior intense green color. Our years of experience have led us to the conclusion that in these particular conditions we receive the best extra virgin olive oil, rich in nutrients and antioxidants, while at the same time we receive the best of organoleptic characteristics, aromas and flavors to the greatest extent. This is the excellent extra virgin olive oil we offer you.

What variety you use?

*The variety of olives that we use in the production of our olive oil is called **Koroneiki**. The wonderful and rare taste and texture of the specific olives is the reason they are characterized as “queen” olives, enabling us to produce a very commendable final product. The harvest starts early when the olives are unripe, small and green. Unripe olives are the reason our oil is low in acidity, and at the same time rich in antioxidants and polyphenols. **The high nutritional ingredients of our olive oil strengthen the immune system of our body and help us to function better.** The oil from Koroneiki olives, has a light spicy taste with a smooth finish and is slightly bitter.*

How many calories does Olive Oil has?

Extra virgin olive oil has about 120 calories per tablespoon with zero (0) cholesterol and salt

Do I have to register to make a purchase?

You do not need to be a registered user to place an order through the online store. During the purchase process you will be prompted to enter the shipping data.

How much does the shipping cost?

The shipping is FREE. If you order from Greece the shipping is FREE for any item. If you order from any other country except Greece, there is a minimum order of 2 items and the shipping is FREE.

How can I cancel my order?

*In case you wish to cancel your order, you can do so easily, either by email at olixeshop@gmail.com or by calling us at the customer service hotline: **+302102706199***

How do I return a product?

The product can be returned if a defect is found in its content that is not in line with the nature of the product sold and does not result from misuse of the consumer or violation of the instructions for use of the product in its content. In any case, the return of the product to be replaced must be done together with all the documents that accompanied the product (eg Invoice, retail receipt, etc.) and the product has not been removed from its packaging. (See RETURN POLICY)

Where is my order?

*If the delivery date has passed, contact us in order to check it out. Send us an email or call us at: olixeshop@gmail.com / **+302102706199***

Can I pay by card?

We accept all major credit / debit cards as well as Pay Pal.