



Critida is a family company in Iraklio Crete with a long long history of producing extra virgin olive oil. For five generations our family continues to produce exceptional extra virgin olive oil. The extraction of the olive oil is performed in licensed manufacturing plants using only cold press extraction methods; this method ensures that the extra virgin olive oil retains all its natural health benefits and flavor. All the process, from the farmer to the picking, the subsequent crushing and the bottling of our extra virgin olive oil, is performed under E.U. manufacturing regulations

16.9 fl.oz. (500 ml)

Ingredients: 100% Extra Virgin Olive Oil

Nutrition Facts	
33 servings per container	
Serving size 1 tbsp (15 ml)	
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Keep in a cool and dark place. Do not refrigerate