



## CARM PRAEMIUM

### ORIGIN

The production area of CARM olive oils lies in the heart of the Upper Douro - the Douro Superior - considered the cradle of the best "letter A" Port wine vineyards. Here we still can find traces of Roman culture dating from the 2nd century BC, as well as traces left by the Arabs dating between the 7th and 11th centuries. CARM's olive groves lie in the heart of this area surrounding the Almendra village. This is one of the areas in Portugal with the best natural characteristics for olive oil production with high quality standards arising from the distinctiveness of the very poor schist soils, the exposure of the olive groves and a dry climate with extreme temperatures between summer and winter. The olive groves are situated between 150 and 450 meters above sea level. For the production of "Praemium" CARM olive oil we select the best Madural, Negrinha and Verdeal olive varieties from our farms.

### ORGANIC FARMING IN "DOP - DENOMINAÇÃO DE ORIGEM PROTEGIDA" (Protected Designation of Origin)

CARM was one of the pioneers of organic olive growing in Portugal. Control of the entire production cycle and its follow-up is ensured and certified by an officially recognized entity - Sativa, and CARM also adheres to the rigorous USDA NOP procedures and IMO certification in Switzerland. All the farms where CARM grows olives for this oil are situated within the DOP for the Trás-os-Montes and Alto Douro olive oils. The AOTAD supervises and controls all certification of olive oils according to the EEC rules through tests conducted by a group of certified appraisers.

### HARVESTING AND EXTRACTION

Olive harvesting is done through mechanical vibration. The harvest takes place between the beginning and middle of November and is never later than the New Year.

### TASTING NOTES

Very fruity and fresh both on the nose and in the mouth. Strong aroma of fresh olives, apples and tomatoes with an aftertaste with slight nuances of nuts, pepper and slight bitterness.

### NOTAS TÉCNICAS

0,1% < Maximum acidity < 0,2%  
Peroxide (meqO2/kg) < 15  
Waxes (mg/kg) < 250  
K232 < 2,00  
K270 < 0,20  
? K < 0,01

### INFORMAÇÃO NUTRITIONAL

Serving Size 1 Tbsp (15 mL) Servings Per Container

Amount Per Serving	
Calories 120	
% Daily Value	% Daily Value
Total Fat 14g	21 %
Saturated Fat 2g	9 %
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Protein 0g	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron  
\*Percent Daily Values are based on a 2,000 calorie diet