



FLOWERING SEASON: EVERYTHING ON THE LINE

April in Cyprus is when a year's work either holds or falls apart.

The rains came back. Not just December drizzle but sustained, soaking rain through January, February, March, and into early April. Cyprus has not been this green in years. The satellite imagery tells the story better than we can: compare April 2025 to April 2026 and the difference is startling. Dry brown on one side, deep green on the other. Reservoirs have climbed to around 35%. Still not enough for summer, but a different reality from where we stood twelve months ago.

The trees responded. Buds have formed across all five groves and are now on the edge of opening into flower. This is the most critical window in our entire year. Everything that follows, fruit set, oil development, polyphenol concentration, your 2026 harvest, depends on what happens in the next few weeks.



COMPOUND OF THE MONTH

TYROSOL: THE FOUNDATION COMPOUND

You have met oleocanthal, oleacein, hydroxytyrosol, and oleuropein over the past five months. **Tyrosol** is different from all of them. It is the structurally simplest phenolic alcohol in olive oil, and every compound you have read about in this series is, chemically, either a tyrosol derivative or a hydroxytyrosol derivative.

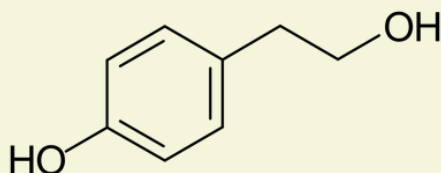
Oleocanthal is a tyrosol derivative. Oleuropein is a tyrosol derivative. Oleacein is a hydroxytyrosol derivative. The compounds that give your oil its biological activity all trace back to these two simple phenolic alcohols. Without them, none of the downstream compounds exist.

This is why the European Food Safety Authority built its authorized health claim around these two families. EFSA requires at least 5 mg of hydroxytyrosol, tyrosol, and their derivatives per 20g of olive oil. Oleaphen's 2025 harvest, verified by LC-MS/MS analysis, contains 2,231 mg/kg of EFSA health claim phenols: 947 mg/kg of hydroxytyrosol derivatives and 1,284 mg/kg of tyrosol derivatives. **That is nearly nine times the EFSA minimum.**

Research at the University of Sherbrooke in Canada has shown that tyrosol and hydroxytyrosol together enhance antioxidant activity in human blood plasma more effectively than either compound alone. A 2025 pilot randomized clinical trial published in Antioxidants tested high-tyrosol/hydroxytyrosol extra virgin olive oil in elderly participants, including post-myocardial infarction patients. After six months, the high-polyphenol group showed measurably **improved antioxidant markers and HDL functionality** compared to refined olive oil controls.

Tyrosol also demonstrates **direct cellular protection**. Laboratory studies have shown it reduces endoplasmic reticulum stress in pancreatic cells, a mechanism relevant to metabolic function that researchers continue to investigate.

Your oil does not deliver isolated compounds. It delivers both phenolic families and their full spectrum of derivatives, working within the **fat matrix that makes absorption possible**. That is how they were designed to work.





THE SCIENCE IN ACTION

MONTHLY STUDY HIGHLIGHT

COMPREHENSIVE META-ANALYSIS: TYROSOL, HYDROXYTYROSOL, AND OLEUROPEIN

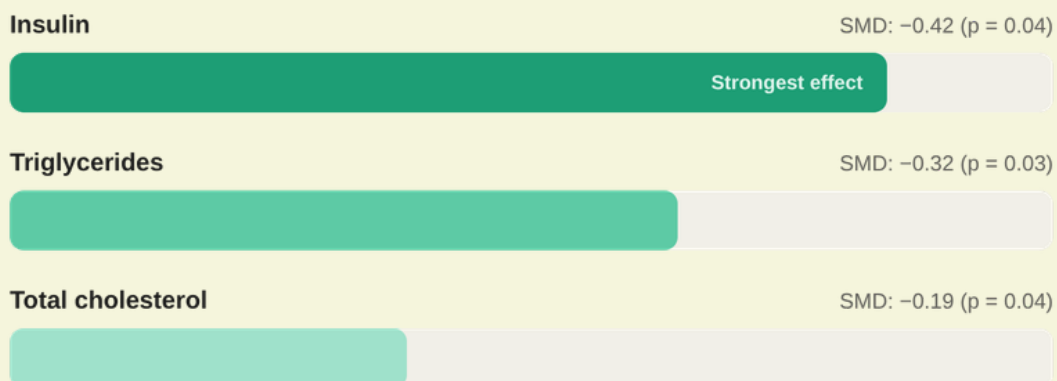
A 2025 meta-analysis published in Critical Reviews in Food Science and Nutrition pooled data from 14 randomized controlled trials involving 594 participants. The research team analyzed human intervention studies testing dietary supplementation with oleuropein, hydroxytyrosol, and tyrosol, the three phenolic compounds at the center of the EFSA health claim.

The pooled results showed statistically **significant reductions in total cholesterol, triglycerides, and insulin levels across the intervention groups**. The analysis used a random-effects model to account for variation between studies.

What makes this analysis valuable: individual studies can show promise. Fourteen trials across nearly 600 participants establish a pattern. The compounds that your daily pod delivers in concentrated form are the same compounds that produced these outcomes in controlled clinical settings.

The EFSA-authorized claim states that olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. This meta-analysis adds to the evidence supporting that claim with clinical data across multiple populations and study designs.

Oleuropein, hydroxytyrosol, and tyrosol vs. control



■ All three outcomes reached statistical significance ($p < 0.05$)

Source: Critical Reviews in Food Science and Nutrition, 2025. Random-effects meta-analysis of 14 RCTs. SMD = standardized mean difference. Bar width proportional to effect size.

FROM THE GROVES



APRIL IN CYPRUS: THE ISLAND TURNS GREEN

Cyprus has not been this green in years. Dams have climbed to 35%. The soil in our groves is holding moisture deep, thanks to years of cover cropping and mulching.

Early April brought a massive Saharan dust event. The sky turned red. For the groves, these events carry a hidden benefit: the dust deposits iron, phosphorus, calcium, and magnesium directly onto soil and leaves. A natural fertilizer. It rained shortly after, washing the minerals in before they could block sunlight.

Nitrogen fertilizer prices globally have surged 40 to 70% since the Strait of Hormuz closure. Farmers across the Mediterranean are struggling. We are unaffected. Our nitrogen comes from compost and leguminous cover crops. In 2026, agro-ecological methods are proving to be economically sovereign, not just environmentally sound.

The buds are almost ready to blossom. Olive flowers pollinate with wind and insects. If temperatures spike above 40 degrees, the blossoms dry out. If dust lands on open flowers, pollen cannot transfer. In 2022, heatwaves across Andalusia destroyed the blossoms. Spain's production collapsed by half. Olive oil prices tripled. The flowering window is that fragile.

We watch the forecasts hourly now. There is nothing to do but prepare well and wait.

CLOSING NOTE

The waitlist has grown faster than we anticipated. You are on the priority list. If someone close to you has been asking about what you take every morning, tell them now. Once we allocate, it is done until the following year. Stay consistent through spring.

Nick & Nicolas