

Monitoring changes in antioxidants compounds in Olive oil related to ahead and after heat treatment and adding Vitamin E

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Abstract

The goal of this study is to compare different samples of olive oil (extra virgin olive oil, virgin olive oil), monitoring changes in the antioxidant compounds content ahead and after heating treatment in 180°C. There are 10 samples of olive oil that are analyzed, primarily control samples, the samples after heating at 180°C and the third group of samples are olive oil samples added vitamin E and heated at the same temperature and the same time for around 4 hours. The data shows that samples of heat treatment have meaningful differences in the content of antioxidants in olive oil. A corresponding trend of differences is found between samples of heat treatment and samples of added vitamin E and heated also. The most changes are observed between the control samples and the heated (at 180°C) samples of virgin olive oil than extra virgin olive oil. Furthermore, the study indicated that adding vitamin E in samples before heating treatment increase the concentration of antioxidant compounds by oxidative stability of vitamin E.

Keywords: antioxidants, extra virgin olive oil, virgin olive oil, vitamin E.

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Academic Journal of Business, Administration, Law and Social Sciences ISSN 2410-3918 (print)

ISSN 2410-8693 (online)

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