



Greek Life SRL



BETTER WAY TO LIVE





Today, more people than ever are discovering
the benefits of the mediterranean food and diet.

It's more than a trend,
it's becoming
a standard way of living.

Adopt the mediterranean food for a
Better Way to Live



THE HEALTH BENEFITS OF EATING MEDITERRANEAN

ASSOCIATED WITH
BETTER QUALITY OF LIFE



REDUCING RISK OF
ALZHEIMER'S

MAINTAIN A HEALTHY,
BALANCED WEIGHT

HALVING THE RISK OF
PARKINSON'S DISEASE

IMPROVE CARDIO-
VASCULAR HEALTH



PREVENTING BREAST
CANCER

LOWER CHANCE OF
TYPE 2 DIABETES



KEEPING YOU AGILE

INCREASE LONGEVITY



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PREMIUM EXTRA VIRGIN OLIVE OIL

“Greek Life” Premium fresh and fruity Extra Virgin Olive Oil which is the outcome of personal care and deep insight into olive oil. The implementation of cold extraction in conjunction with modern oil presses enable the production of olive oil that retains its beneficial nutrients, its golden green color and its exceptional, fine taste and aroma.

Product	Packaging	Acidity	Un/cart	Cartons Per pallets (EUR)	Total off items	Gross weight with pallet	H
500 ml	glass Marasca	< 0,5	12	76 (4 x 19)	912 bottles (76 x 12)	815 kg 1012 kg	130 cm 160 cm
				95 (5 x 19)	1140 bottles (95 x 12)		
750 ml	glass Marasca	< 0,5	12	56 (4 x 14)	672 bottles (56 x 12)	795 kg 990 kg	135 cm 163 cm
				70 (5 x 14)	840 bottles (70 x 12)		

EXTRA VIRGIN OLIVE OIL

“Greek Life” Extra virgin olive oil, superior category olive oil obtained directly from olives and solely by mechanical means. First cold pressed.

Product	Packaging	Acidity	Un/cart	Cart/ euro pallets	Un/ euro pallets	Cart/ layer
250 ml	glass Marasca	< 0,8	12	156	1872	26 x 6
500 ml	glass Marasca	< 0,8	12	90	1080	18 x 5
750 ml	glass Marasca	< 0,8	12	70	840	14 x 5
1 lit	PET	< 0,8	15	45	675	9 x 5
1 lit	PET Marasca	< 0,8	12	70	840	14 x 5
2 lit	PET	< 0,8	8	35	280	7 x 5
3 Lit	PET	< 0,8	6	36	216	9 x 4
3 Lit	tin can	< 0,8	4	78	312	-
4 Lit	tin can	< 0,8	4	65	260	13 x 5
5 lit	PET	< 0,8	4	32	128	8 x 4
5 Lit	tin can	< 0,8	4	39	156	13 x 3



PURE OLIVE OIL

“Greek Life” Pure Olive Oil comprising exclusively oils that have undergone refining and oils obtained directly from olives.

Product	Packaging	Un/cart	Cart/ euro pallets	Un/ euro pallets	Cart/ layer
250 ml	glass Marasca	12	156	1872	18 x 5
500 ml	glass Marasca	12	90	1080	14 x 5
750 ml	glass Marasca	12	70	840	9 x 5
1 lit	PET	15	45	675	7 x 5
2 lit	PET	8	35	280	9 x 4
3 Lit	tin can	4	78	312	-
3 Lit	PET	6	36	216	9 x 4
5 Lit	PET	4	32	128	8 x 4
5 Lit	tin can	4	39	156	13 x 3
4 Lit	tin can	4	62	248	8 x 4

OLIVE POMACE OIL

Olive Oil comprising exclusively oils obtained by processing olive pomace oil and oils obtained directly from olives.

Add in salads, marinades, breads and pastas, for cooking, frying and baking.

Product	Packaging	Un/cart	Cart/ euro pallets	Un/ euro pallets	Cart/ layer
250 ml	glass Marasca	12	156	1872	26 x 6
250 ml	PET	40	60	2400	10 x 6
500 ml	glass Marasca	12	90	1080	18 x 5
750 ml	glass Marasca	12	70	840	14 x 5
1 lit	PET Marasca	12	70	840	14 x 5
1 lit	PET	15	45	675	9 x 5
3 lt	PET	6	36	216	9 x 4
5 lit	PET	4	32	128	8 x 4
5 Lit	tin can	4	39	156	13 x 3





OLIVE BLENDED OIL

“Greek Life” Olive Blended Oil an all natural and multipurpose oil blend comprising of 51% virgin olive oil obtained directly from olives and 49% of sunflower oil.

Add in salads, marinades, breads and pastas, for cooking, frying and baking.

Product	Packaging	Un/cart	Cart/ euro pallets	Un/ euro pallets	Cart/ layer
250 ml	glass Marasca	12	156	1872	26 x 6
250 ml	PET	40	60	2400	10 x 6
500 ml	glass Marasca	12	90	1080	18 x 5
750 ml	glass Marasca	12	70	840	14 x 5
1 lit	PET Marasca	12	70	840	14 x 5
1 lit	PET	15	45	675	9 x 5
3 lt	PET	6	36	216	9 x 4
5 lit	PET	4	32	128	8 x 4
5 Lit	tin can	4	39	156	13 x 3

SALAD OIL

“Greek Life” Salad Oil an all natural and multipurpose oil blend comprising of 20% virgin olive oil obtained directly from olives and 80% of sunflower oil.

Add in salads, marinades, breads and pastas, for cooking, frying and baking.

Product	Packaging	Un/cart	Cart/ euro pallets	Un/ euro pallets	Cart/ layer
1 lit	PET	15	45	675	9 x 5
3 lt	PET	6	36	216	9 x 4
5 lit	PET	4	32	128	8 x 4
5 Lit	tin can	4	39	156	13 x 3



ORGANIC EXTRA VIRGIN OLIVE OIL

“Greek Life” Bio is an extra virgin Olive Oil with excellent quality and organoleptic characteristics.

It comes from certified organic olive growing from the region of Kalamata, always selected the best fruit for the export of high quality olive oil. The biological cultivation techniques applied here, the very low acidity of the olive oil and its rich content in polyphenols renders this oil as a product of very high quality.

“Greek Life” Bio extra virgin olive oil has a glowing golden-green colour and an aroma of olive leaves, herbs and wild grasses, with a rich, subtle taste. It has an exceptional balance and a lingering aftertaste.

It's product with very low acidity, fruity taste and fresh aroma.

Produced by gold pressing and bottled.

Product	Packaging	Acidity	Un/cart	Cartons Per pallets (EUR)	Total off items	Gross weight with pallet	H
750 ml	glass Marasca	< 0,1	12	56 (4 x 14) 70 (5 x 14)	672 bottles (56 x 12) 840 bottles (70 x 12)	795 kg 990 kg	135 cm 163 cm





KALAMATA OLIVES

These olives with their brown-black colour and their characteristic "almond" shape have a unique and perfect taste to all other olive varieties of the world. They are processed by natural fermentation and they are packed with brine red vinegar and olive oil.

Whole Olives Sliced Olives Olives in sirup
Pitted Olives Olive Paste

GREEN OLIVES

Whole Olives Sliced Olives Pitted Olives Cracked Olives
Stuffed Olives (with pepper almond and garlic, lemon, orange, jalapeno, carrot, pri-pri)

BLACK OLIVES

Black Olives are the traditional olives and most important type which are grown everywhere in Greece many years now. The shape of these olives is quite round. They are processed by natural fermentation and they are packed with brine, red vinegar and olive oil.

Whole Olives Sliced Olives Pitted Olives
Black Olives Thassos type Wrinkled Olives
Olive Paste

OLIVE PASTE

Olive paste is produced by the flesh of the olives and constitutes an ideal source of vitamin A, calcium, ferrum, magnesium and natrium. Any kind of olive can be used to produce olive paste.

THROUMBA OLIVES (DRY OLIVES)

Olives Greek Life Olives "Throubes" is a Greek product, Protected Designation of Origin (PDO) because of special features. Ideal for green salads, the company of white cheese and barley rusks.
Add extra virgin olive oil, thyme and oregano.





ORGANIC KALAMATA OLIVES IN ORGANIC EXTRA VIRGIN OLIVE OIL

The most famous and bestselling Greek varietal olive, authentic Kalamata olives have a firm texture, fruity taste and wine-infused snap. Produced without pesticides, colorings or additives.

INGREDIENTS

Organic Kalamata olives, organic extra virgin olive oil, organic red wine vinegar, sea salt





ORGANIC HEATHER HONEY

Description product

The **Heather Honey (sousoura)** is a product of **great nutritional value** and that is why it is extremely suitable for the **stimulation** of our organism. It has the distinctive **full flavor** of a bitter candy and it encloses all the **intense earthy scents** of the heather flowers. Its special redbronz color is turned into a wonderful caramel color after its crystallization which is carried out too quickly (1-3 months after harvesting). The Heather Honey is among the **elite** of the Greek honeys and it is especially preferred by demanding consumers.

Taste this unique honey and experience the Greek nature!

The Heather Honey is collected from the nectar dews of the autumn heather which is known as “sousoura”-(*Erica verticillata*) and it is extremely stimulating for the bees. A successful flowering is equivalent to a second spring for the hives! In France the Heather Honey and also the honey of Chestnut and Lavender are considered the best. The famous French gingerbread is made exclusively with Heather Honey.

The **organic Heather Honey “GREEK LIFE”** is collected from the gorges and the green slopes of **Mount Parnon (Arcadia)** in the **Southeastern Peloponnese** at an altitude ranging from 200m - 800m from **early October** until **late November**. The production is unpredictable of course because it depends on the weather conditions. The area of Mount Parnon and the gorge of Leonidio (Monastery of Elona), where the honey is collected, are part of the **Network Nature 2000**. It is a European Ecological Network of areas that host natural habitats of some very important at European level species.

After harvesting, the honey is carefully filtered and packed directly into glass jars. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic heather honey
CATEGORY:	Nectar
COLOR:	Dark red
TASTE:	Special flavor (slightly bitter)
AROMA:	Special – pleasant
CRYSTALLIZATION:	Very quick crystallization 1-3 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	October – November

Nutritional Information

TYPICAL VALUES PER 100g

ENERGY:	329 Kcal	PROTEIN:	0.35 g
CARBOHYDRATES:	81.5 g	FATS:	0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The heather honey crystallizes very quickly. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat. (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC HEATHER HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC HEATHER HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC HEATHER HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC FIR & THYME HONEY

Description product

Two of the most excellent products of the Greek nature, the **Fir and the Thyme honey**, came together and created a unique type of honey. Every drop of it encloses the special **aroma** of the **Thyme** and the deep scent of the Fir that takes us in the forests. The Fir & Thyme honey has thick texture and it is a real feast of flavors and colors.

Enjoy this distinctive combination that is generously offered to us by the Arcadian land!

The organic **Fir & Thyme honey** “**GREEK LIFE**” is collected in the fir forests and the thyme areas of the Southeastern Peloponnese, at an altitude ranging from 300m-1300m from **mid May** until **mid July**. The region of Mount Parnon and the gorge of Leonidio, where the Monastery of Elona is located, are part of the **Network Natura 2000**. It is a European Ecological Network of areas that host natural habitats of some very important at European level species.

The honey is carefully filtered and then packed directly into glass jars. The whole process does not exceed one month from the time of harvest. After that it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic fir & thyme honey
CATEGORY:	Mainly nectar with honeydew
COLOR:	Pale red
TASTE:	Sweet
AROMA:	Modest, not strenuous
CRYSTALLIZATION:	Slow crystallization >12 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	May - July

Nutritional Information

TYPICAL VALUES PER 100g

ENERGY:	332 Kcal	PROTEIN:	0.23 g
CARBOHYDRATES:	82.5 g	FATS:	0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The heather honey crystallizes very quickly. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat. (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC FIR & THYME HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC FIR & THYME HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC FIR & THYME HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC FIR HONEY

Description product

The **Greek Fir Honey** is one of the rarest products in all over the world. Its impressive pearl-amber color, the characteristic metallic highlights and its extremely thick texture make it special. It is spicy and it tastes like toffee while the flavors of the various flowers and the fir that are given off, constitute a real feast of tastes and colors. All the above characteristics combined with its natural property not to crystallize and its rich in trace elements composition, satisfy the most demanding consumers.

Enjoy this distinctive type of honey that is generously offered to us by the Greek nature!

The Fir Honey belongs to the category of honeydews and it is collected from granules and aphids that parasite on the Greek firs and produce honey dews which are pollinated by the bees. The most important granule is the “Phemicryphus” and it parasites on the “abies cephalonica”, a specific type of fir that grows on the mountainous areas at the south of Olympos, in Eritania, Pertouli, Karpenisi, Taygeto, Arcadia (Mount Parnon and Mount Mainalo) and in other areas.

The **organic Fir Honey “GREEK LIFE”** is collected in the fir forests of Arcadia (Mount Parnon and Mount Mainalo) in Peloponnese at an altitude grading from 800m to 1300m from early June until late July. The area of Mount Parnon and the gorge of the Monastery of Elona, where the honey is collected, are part of the Natura Network 2000. It is a European Ecological Network of areas that host natural habitats and habitats of some very important at European level species.

After that, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE: Organic fir honey
CATEGORY: Honeydew
COLOR: White - Caramel
TASTE: A little sweet
AROMA: Very light aroma
CRYSTALLIZATION: Does not crystallize
HARVEST AREA: Southeastern Peloponnese
HARVEST PERIOD: June - July

Nutritional Information

TYPICAL VALUES PER 100g
ENERGY: 332 Kcal **PROTEIN:** 0.23 g
CARBOHYDRATES: 82.5 g **FATS:** 0.00 g

Storage Conditions

Keep in a cool, dry, dark and odor less place (<15°C for long storage period). The fir honey does not crystallize.

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC FIR HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC FIR HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC FIR HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC THYME HONEY

Description product

It is the finest honey of the Greek nature. Every drop of it encloses a strong, lasting flavor with intense aromatic characteristics and a light amber color.

The **organic Thyme Honey “GREEK LIFE”** is collected in the thyme regions of the **Southeastern Peloponnese** at an altitude ranging from 300m – 1300m from **early June** until **late July**. The region of Mount Parnon and the gorge of the Monastery of Elona, are included in the **Network Natura 2000**. This is a European Ecological Network of areas that host natural habitats and habitats of species which are important at European level.

After harvesting, honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic thyme honey
CATEGORY:	Nectar
COLOR:	Golden – pale red
TASTE:	Sweet
AROMA:	Slightly aromatic
CRYSTALLIZATION:	Crystallization 6-18 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	June – July

Nutritional Information

TYPICAL VALUES PER 100g

ENERGY:	329 Kcal	PROTEIN:	0.35 g
CARBOHYDRATES:	81.5 g	FATS:	0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC THYME HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC THYME HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC THYME HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC ARBUTUS HONEY

Description product

The **Arbutus Honey** is collected from the nectar dews of the spring Arbutus (*Arbutus Unedo*) and its **great nutritional value** (similar to that of the Heather Honey) make it extremely suitable for the **stimulation** of our body. It has an intense, strong flavor that tastes like bitter caramel and challenges the most demanding consumers. Its color is dark bronze and it crystallizes

very quickly (2-4 months from its harvesting).

It is a special type of honey offered to us directly by the spring slopes of Mount Parnon.

The **organic Arbutus Honey “GREEK LIFE”** is collected from the gorges and the green slopes of **Mount Parnon** at an altitude grading from 200m-800m. The area of Mount Parnon and the gorge of Leonidio (where the Monastery of Elona is situated) are part of the **Network Natura 2000**. It is a European Ecological Network of areas that host natural habitats of some species which are very important at European level.

The Arbutus Honey is harvested in this virgin region from **April** until **late May** and since it is the first production of the year, bees offer their pollination services with great enthusiasm. If the flowering of the Arbutus is successful that means that we will have a successful beekeeping year and moreover healthy and strong hives.

After harvesting, the honey is carefully collected and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature, ready to be released for consumption.





General Information

TYPE:	Organic arbutus honey
CATEGORY:	Nectar
COLOR:	Pale red
TASTE:	Bitter
AROMA:	Special scent
CRYSTALLIZATION:	Very quick crystallization 2-4 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	April – May

Nutritional Information

TYPICAL VALUES PER 100g		
ENERGY:	329 Kcal	PROTEIN: 0.35 g
CARBOHYDRATES:	81.5 g	FATS: 0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC ARBUTUS HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC ARBUTUS HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC ARBUTUS HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC FOREST HONEY

Description product

The harmonic collaboration of the bees and the forest offer this unique type of honey. It is collected from a **great range of wild flowers and mountain herbs and from honey dews of different forest trees such as pines, firs and oaks**. It has dark color, light aroma and a smooth, a little sweet flavor.

The **organic Forest Honey “GREEK LIFE”** is collected in the forests of the **Central and the Southeastern Peloponnese (Mount Parnon & Mount Mainalon)** at an altitude grading from 600m-1300m from **early June** until **mid September**. A great part of the region, where the honey is collected, is included in the **Network Natura 2000**. It is a European Ecological Network of areas that host natural habitats of some very important at European level species.

After harvesting, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic forest honey
CATEGORY:	Honeydew & nectar
COLOR:	Dark brown – almost black
TASTE:	Slightly sweet
AROMA:	Special scent
CRYSTALLIZATION:	Very slow crystallization > 18 months
HARVEST AREA:	Central or Southeastern Peloponnese
HARVEST PERIOD:	June – September

Nutritional Information

TYPICAL VALUES PER 100g		
ENERGY:	332 Kcal	PROTEIN: 0.23 g
CARBOHYDRATES:	82.5 g	FATS: 0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC FOREST HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC FOREST HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC FOREST HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC CHESTNUT HONEY

Description product

It is collected from the nectar and the honey dews of the **Chestnut (*Castanea sativa*)** also known as “Queen of the mountain”, in the virgin forests of the **Southeastern Peloponnese** at an altitude of over 800m from **early June** until **July**.

The honey dews are produced by the aphid “*Myzocallis castanicola*” that is found under the leaves and on the “cups” which surround the nuts of the tree. The nectar and the honey dews are usually accompanied by nectar dews of various wild flowers and herbs. So the collected honey is a real **feast of flavors**. It is a unique type of honey less sweet than all the others with a slightly bitter taste. Its special aroma and its racy flavor make it distinguish.

After harvesting, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic chestnut honey
CATEGORY:	Flower honey with honeydew characteristics
COLOR:	Dark brown – almost black
TASTE:	Intense, strong, bitter and lasting
AROMA:	Strong, intense
CRYSTALLIZATION:	Very slow crystallization > 18 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	June – July

Nutritional Information

TYPICAL VALUES PER 100g

ENERGY:	332 Kcal	PROTEIN:	0.23 g
CARBOHYDRATES:	82.5 g	FATS:	0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC CHESTNUT HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC CHESTNUT HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC CHESTNUT HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC FLOWER HONEY

Description product

In the blooming slopes and the plains of the Greek countryside, bees fly off and suck the nectar of the **various wild flowers and herbs**, many of which are unique in the world. Their pollination services provide us with the sweetest honey of the Greek nature. Its light color, its smooth flavor and its wonderful scent of flowers make it irresistible.

The **organic Flower Honey “GREEK LIFE”** is collected in the **Southeastern Peloponnese** at an altitude ranging from 300m – 1300m from **mid April** until **late August**. Many of the regions where the honey is collected, such as Mount Parnon and the gorge of the Monastery of Elona, are included in the **Network Natura 2000**. This is a European Ecological Network of areas that are home to natural habitats and habitats of species which are important at European level.

After harvesting, honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic flower honey
CATEGORY:	Nectar
COLOR:	Light yellow
TASTE:	Pretty sweet
AROMA:	Slightly aromatic
CRYSTALLIZATION:	Moderate crystallization > 4 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	April – August

Nutritional Information

TYPICAL VALUES PER 100g		
ENERGY:	329 Kcal	PROTEIN: 0.35 g
CARBOHYDRATES:	81.5 g	FATS: 0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC FLOWER HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC FLOWER HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC FLOWER HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC PINE HONEY

Description product

This type of honey is produced only in the **Southeastern Mediterranean** and of course in Greece. The 65% of the total honey production of **Greece** is Pine honey and it comes from an insect called “Marchalina hellinica” which is also known as “wooly pine aphid” or “pine worker”. Pine is the most important bee plant in Greece and the honey it produces is characterized by a distinctive aroma and a special, not very sweet flavor.

The **organic Pine Honey “GREEK LIFE”** is collected in the pine forests of Arcadia in **Peloponnese** and in **Evia** at an altitude ranging from 800m-1300m during **Spring (April-May)** and **Autumn (September-October)**. The spring pine honey is lighter (as far as concerns its color), clearer and more aromatic than the honey that is produced in autumn. The pine honey crystallizes slowly enough because of its low content in glucose. Its **great nutritional**

value is based on the various substances that compose it. The most important of them are the **trace elements**.

After harvesting, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. It is then stored in a dark, dry place at low temperature ready to be released for consumption.





General Information

TYPE:	Organic pine honey
CATEGORY:	Honeydew
COLOR:	Dark
TASTE:	A little sweet
AROMA:	Strong aroma
CRYSTALLIZATION:	Very slow, crystallization >18 month
HARVEST AREA:	Peloponnese-Evia
HARVEST PERIOD:	April – May & September - October

Nutritional Information

TYPICAL VALUES PER 100g		
ENERGY:	332 Kcal	PROTEIN: 0.23 g
CARBOHYDRATES:	82.5 g	FATS: 0.00 g

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
ORGANIC PINE HONEY Jar 950g	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
ORGANIC PINE HONEY Jar 450g	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
ORGANIC PINE HONEY Jar 250g	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52





ORGANIC FRESH BEE POLLEN

“Greek Life” Fresh Bee Pollen is 100% Greek and is packaged in its pure, natural and unprocessed state.

Pollen is collected by bees from various flowers. The average chemical composition is 25.7% protein, 4.8% lipids, 27% carbohydrates, minerals (ash) 3.1%, water 30%, vitamins and minerals.

Pollen is the richest natural food which contains proteins, vitamins, essential amino acids, hormones, enzymes and other useful ingredients for our diet. Pollen helps in mental health, strengthens heart contraction and is diuretic. Improves appetite and thus it is highly recommended in cases of weakness and bad metabolism, intestinal disorders, neurasthenia, psychosis and memory loss. Pollen is rich in cystine, an amino acid that affects hair growth and hair colour. Additionally, has beneficial effect in the prostate. Also, helps to relieve and reduce the symptoms of menopause.

It must be stored in the refrigerator.

Dosage

Two tablespoons daily, one in the morning and one in the evening, before meals. It can be taken as is or with juice or milk.

Bee pollen may cause gastrointestinal disturbances or an allergic reaction. It is advisable to start with small doses and increase gradually.

ORGANIC HONEYCOMB

Taste the Organic honey & flowers forest “Greek Life” together with a piece of honeycomb, which is the original place of honey in the hive. The jar of organic honeycomb is a jewel for its taste and for our organism.

Collection Period: March til September





ORGANIC FRESH ROYAL JELLY

Royal Jelly comes from the fact that the larvae who are intended to become queens, and adults queens, are exclusively fed with a large amount of this food. Royal Jelly contains the determining factor that converts worker bee to a queen bee.

“Greek Life” Fresh Royal Jelly is a Greek product, available in its pure, natural and unprocessed state.

The average chemical composition is 67% moisture, 12.5%, total fatty acids 5%, total sugars 1%, minerals (ash) 1% and 3.5% other unidentified ingredients, vitamins and minerals. Also some of the proportion comprised of various compounds such as 10-hydroxy-decenoic acid and pantothenic acid.

The colour of the royal jelly is important because it indicates the freshness and its suitability for consumption. Fresh royal jelly has a bright white colour. When it is exposed to air or light its colour changes to light yellow and dark grey. This change is due to enzymes that oxidize some components of royal jelly and destroy it. Royal jelly has a light pungent smell and sour taste due to very low pH (3.5 to 4.5).

The Royal jelly helps treatment of rheumatoid arthritis. Helps aged and tired body and is widely used in pediatrics as it helps children with anemia, pneumonia, bacterial infections etc. Improves general mood, increases work resistance, appetite and helps people gain greater mental and physical stamina. It is germicidal and antiseptic and helps significantly women in lactation after childbirth. Finally, helps men to improve their sexual life.

It must be stored in the refrigerator until the Best Before Date expires.

Dosage

Every morning, before breakfast. Place a small amount under the tongue, using the teaspoon provided.

ORGANIC POTION PROPOLIS

Contain: 30% propolis

70% alcohol

70% vol

Package: 30 gr





THYME HONEY

Description product

Amber color, unique taste, distinctive aroma. That's why the thyme honey is considered to be **the king of honeys**.

Greek thyme honey is known worldwide for its exceptional quality. This is due not only to the sea breeze and the amazing climate, but also to the almost exclusive thyme flowering of some territories. Honey with high content of thyme pollen grains has the best aroma than any other. Original thyme honey contents at least 18% honey from thyme flowers. In some territories in Crete and the Greek Islands the percentage climbs up to 90%.

Thyme honey is considered to have tonic and antiseptic properties and it is recommended for the prevention and fighting of infections of peptic and respiratory diseases. Thyme honey is rich in copper and boron.

After harvesting, honey is carefully filtered and packed directly into glass jar. The whole process does not exceed one month from the time of harvest. Then is stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Thyme honey
CATEGORY:	Nectar
COLOR:	Usually has light amber colour
TASTE:	Sweet
AROMA:	Intensely aromatic honey
CRYSTALLIZATION:	Crystallization 6-18 months
HARVEST AREA:	Greek islands and especially Crete, Kithira and Dodecanese
HARVEST PERIOD:	June - July

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).





THYME HONEY WITH HONEYCOMB

Description product

Thyme honey is considered to be the best variety worldwide, due to its exquisite taste, deep amber color and therapeutic attributes. It is unique primarily due to the biological attributes of monoterpene; a compound found solely in this honey variety. It also contains vitamins, minerals, enzymes and amino acids, while it is the richest in polyphenols and phenolic acids.

The “**Greek Life**” **thyme honey** combined with a fresh piece of raw **honeycomb** is a true delicacy of nature and a rare gourmet experience, offering at the same time a wide variety of healing properties. The honeycomb is beneficial for the teeth when chewed, whereas consumed in small quantities works as a mild anti-inflammatory for the stomach.

THYME & FLOWER HONEY

Description product

Two of the most excellent products of the Greek nature, the **Flower and the Thyme honey**, came together and created a unique type of honey.

Its rich taste comes from a unique natural blend of herbs and thyme offering an exciting aromatic honey variety enriched with vitamins, phenolic compounds, flavonoids and plenty more antioxidants which strengthen the immune system. The eucalyptus, olive, rosin rose, rockrose and thyme blossoms have a special place in nature, pharmacology and certainly in this honey, providing it with several therapeutic attributes.





FLOWER HONEY

Description product

The “**Greek Life**” **Flower Honey** is a honey **variety** synonymous with the rich bouquet of freshness and aromas from the many **herbs and flowers** of the Greek countryside. **Flower honey** is the softest and sweetest taste of all greek honeys.

The unique flora of Greek nature enhances the flower honey with a wide range of beneficial substances which contribute to the wellness of the human body. The olive, cistus, thyme, acacia and eucalyptus blossoms create a honey variety characterized by its light amber color and its strong, exceptional taste.

The taste may vary from year to year, the aroma and the flavor can be more or less intense, depending on which bloomings are prevalent.

Flower honey helps to the proper function of digestion, gives power and strength, regulates intestinal function, enhances the liver function.

After harvesting, honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Flower honey
CATEGORY:	Nectar
COLOR:	Light yellow
TASTE:	Pretty sweet
AROMA:	Slightly aromatic
CRYSTALLIZATION:	Moderate crystallization > 4 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	April – August

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).





PINE HONEY

Description product

This type of honey is produced only in the Southeastern Mediterranean and of course in Greece. The 65% of the total honey production of Greece is Pine honey and it comes from an insect called “Marchalina hellinica” which is also known as “wooly pine aphid” or “pine worker”. Marchalina hellenica starts secretion from mid-August in large quantities and finishes next spring time. Bees mostly collect these secretions from the production of pine honey from August to October.

Pine is the most important bee plant in Greece and the honey it produces is characterized by a distinctive aroma and a special, not very sweet flavor. The colour of pine honey is typical but darker than the thyme honey.

Pine honey produced during the spring time is lighter and more clear than that produced in the autumn. Crystallization of pine honey is very slow, since the natural content of glucose is low. Pure pine honey remains fluid for more than one and a half year.

Pine honey is of high nutritional value which is indicative of the high ash content. It also contains a large amount of different substances. Greek pine honey usually have great content of metals and minerals (calcium, magnesium, zinc, iron, copper).

After harvesting, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. It is then stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Pine honey
CATEGORY:	Honeydew
COLOR:	Dark
TASTE:	A little sweet
AROMA:	It is compared to the aroma of iodine
CRYSTALLIZATION:	Very slow, crystallization >18 month
HARVEST AREA:	Peloponnese-Evia
HARVEST PERIOD:	April – May & September – October

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).





FOREST HONEY

Description product

The harmonic collaboration of the bees and the forest offer this unique type of honey.

In contrast to the blossom honeys, this variety is derived from the sugar-rich juices of the forest's various plants and trees, having a high nutritional value, in addition to its vitamins, due to its high concentration of minerals. It is characterized by its deep amber color, its semi-solid form and the delicate aromas of the eucalyptus, olive, white clover, cistus and raspberry, enriching it with a sweet and unique taste

After harvesting, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Forest honey
CATEGORY:	Honeydew & nectar
COLOR:	Dark brown – almost black
TASTE:	Slightly sweet
AROMA:	Special scent
CRYSTALLIZATION:	Very slow crystallization > 18 months
HARVEST AREA:	Central or Southeastern Peloponnese
HARVEST PERIOD:	June – September

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).





ORANGE HONEY

Description product

The Honey from citrus fruits along with honey of other fruits is almost the 25% of Greek honey.

The "Greek Life" Orange Honey is delicate, sweet honey with a citrus taste and a light amber colour.

Orange blossom honey comes from the blossoms of orange trees in Peloponnese and is mild in flavor with a fruity scent and a refreshingly light citrus taste balanced with slight orange peel bitterness.

The Orange honey is rich in antimicrobial and antioxidants and is thought to be beneficial for intestinal issues, insomnia and nervousness.

In order to maintain its nutritional value, this type of honey should be consumed in a short period of time and be kept in dark places, away from high temperatures.

After harvesting, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Orange honey
CATEGORY:	Honeydew & nectar
COLOR:	Light yellow
TASTE:	Extremely special taste
AROMA:	Intense. Lovely scent
CRYSTALLIZATION:	Very quick crystallization 1-3 months
HARVEST AREA:	Central or Southeastern Peloponnese

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).





HEATHER HONEY

Description product

The Heather Honey (sousoura) is a product of great nutritional value and that is why it is extremely suitable for the stimulation of our organism. It has the distinctive full flavor of a bitter candy and it encloses all the intense earthy scents of the heather flowers. Its special redbronze color is turned into a wonderful caramel color after its crystallization which is carried out too quickly (1-3 months after harvesting). The Heather Honey is among the elite of the Greek honeys and it is especially preferred by demanding consumers.

The Heather Honey is collected from the nectar dews of the autumn heather which is known as “sousoura”-(Erica verticillata) and it is extremely stimulating for the bees. A successful flowering is equivalent to a second spring for the hives! In France the Heather Honey and also the honey of Chestnut and Lavender are considered the best. The famous French gingerbread is made exclusively with Heather Honey.

Heather honey has high nutritional value, is rich in dozens of natural nutrients, vitamins, iron, protein, enzymes and amino acids, and has been prized since ancient times for its medicinal properties.

After harvesting, the honey is carefully filtered and packed directly into glass jars. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Heather honey
CATEGORY:	Nectar
COLOR:	Dark red
TASTE:	Special flavor (slightly bitter)
AROMA:	Special – pleasant
CRYSTALLIZATION:	Very quick crystallization 1-3 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	October – November

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The heather honey crystallizes very quickly. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat. (bain-marie).





ARBUTUS HONEY

Description product

The Arbutus Honey is collected from the nectar dews of the spring Arbutus (Arbutus Unedo) and its great nutritional value (similar to that of the Heather Honey) make it extremely suitable for the stimulation of our body.

The Arbutus Honey has an intense, strong flavor and tastes bitter sweet. Its color is dark bronze and it crystallizes soon after harvesting. The arbutus honey contains the substance Arbutin which clears the blood and regulates the cholesterol levels. Natural antibiotics are found in higher concentration than in other types of honey, establishing the arbutus honey as a protection shield for the human body. Rich in trace elements. Has sweating properties, promotes the circulation of blood and has astringent and disinfectant properties of the urinary tract.

After harvesting, the honey is carefully collected and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature, ready to be released for consumption.

General Information

TYPE:	Arbutus honey
CATEGORY:	Nectar
COLOR:	Pale red
TASTE:	Bitter
AROMA:	Special scent
CRYSTALLIZATION:	Very quick crystallization 2-4 months
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	April – May

Storage Conditions

Keep in a cool, dry, dark and odorless place (<15°C for long storage period). The thyme honey crystallizes. The crystallization of the honey is a natural process that depends only on its plant origin. It returns to its original state with moderate heat (bain-marie).





FIR HONEY

Description product

The Greek Fir Honey is one of the rarest products in all over the world. Its impressive pearl-amber color, the characteristic metallic highlights and its extremely thick texture make it special. It is spicy and it tastes like toffee while the flavors of the various flowers and the fir that are given off, constitute a real feast of tastes and colors. All the above characteristics combined with its natural property not to crystallize and its rich in trace elements composition, satisfy the most demanding consumers.

The Fir Honey belongs to the category of honeydews and it is collected from granules and aphids that parasite on the Greek firs and produce honey dews which are pollinated by the bees. The most important granule is the “Phemicryphus” and it parasites on the “abies cephalonica”, a specific type of fir that grows on the mountainous areas at the south of Olympos, in Evritania, Pertouli, Karpenisi, Taygeto, Arcadia (Mount Parnon and Mount Mainalo) and in other areas.

The Fir honey has high content in minerals (potassium, magnesium, phosphorus, iron, etc.). Contains vitamins in very small quantities, but even this small amount helps in better absorption of sugars from the human body.

After that, the honey is carefully filtered and packed directly into glass jars. The whole process does not exceed one month from the time of harvest. Then it is stored in a dark, dry place at low temperature ready to be released for consumption.

General Information

TYPE:	Fir honey
CATEGORY:	Honeydew
COLOR:	White - Caramel
TASTE:	A little sweet
AROMA:	Very light aroma
CRYSTALLIZATION:	Does not crystallize
HARVEST AREA:	Southeastern Peloponnese
HARVEST PERIOD:	June – July

Storage Conditions

Keep in a cool, dry, dark and odor less place (<15°C for long storage period). The fir honey does not crystallize.





PACKAGING SPECIFICATIONS NON ORGANIC HONEY

Packaging Specifications

PRODUCT DESCRIPTION	LIFETIME	CAPACITY BOX	DIMENSIONS BOX L x W x H (mm)	NET WEIGHT BOX (Kg)	GROSS WEIGHT BOX (Kg)	BOXES PER ROW	ROWS	BOXES PER PALLET
NON ORGANIC HONEY Jar 950 gr	24 months	6 x 950g	280 x 190 x 160	5,7	7,83	16	5	80
NON ORGANIC HONEY Jar 450 gr	24 months	12 x 450g	306 x 228 x 141	5,4	7,98	12	5	60
NON ORGANIC HONEY Jar 250 gr	24 months	24 x 250g	285 x 228 x 189	6,0	9,9	13	4	52
NON ORGANIC HONEY Jar 30 gr	24 months							





WINE VINEGAR

"Greek Life" Vinegar is made by 100% Greek grapes and it is of fine quality.

Product	Net weight	Units per box
Wine vinegar	400ml	30
Wine vinegar	2lt	8
Wine vinegar	5lt	3
White wine vinegar	5lt	3

APPLE VINEGAR

Apple Vinegar is made by apple juice and 100% greek grapes.

Product	Net weight	Units per box
APPLE VINEGAR	400ml	30
APPLE VINEGAR	5lt	3

BALSAMIC VINEGAR

Balsamic Vinegar from selected varieties. Ideal product for use in salads and dressings.

BALSAMIC CREAM

Our finest balsamic vinegar glazed by our own unique recipe.

Product	Net weight	Unit per box
BALSAMIC VINEGAR	250ml	12
BALSAMIC VINEGAR	500ml	12
BALSAMIC VINEGAR	5lt	3
BALSAMIC CREAM	250ml	12





LEMON DRESSING

Lemmon Dressing is made by fine Greek lemons. Ideal product for use in salads, dressings or in any other food you choose for a perfect lemon taste and flavor.

Product	Net Weight	Units per box
Lemon Dressing	200ml	24
Lemon Dressing	570ml	24

LEMON DRESSING

Lemon Dressing is characterized by its rich, acute flavour and is used in salads and barbecues. It is most suitable for catering, taverns and other professionals.

For the professionals we offer the practical packaging of 4lt.

Lifetime: 18 month

Product	Net Weight	Units per box
Lemon Dressing	360gr	30
Lemon Dressing	4lt	4

LEMON JUICE

Quality lemon juice. 100% taste and flavor of lemon. Produced by concentrated lemon juice.

Lifetime: 18 month

Product	Net weight	Unit per box
LEMON JUICE glass bottle	250ml	12





BALSAMIC VINEGAR WITH HONEY

The mixture of greek honey with Balsamic Vinegar "Greek Life" creates a product with rich flavour and aroma. Exceptionally sweet with the discrete taste of vinegar, is an ideal dressing for salads, sauces, meat and poultry.

WHITE WINE VINEGAR WITH ROSEMARY & THYME

Exclusively produced by the natural fermentation of white wine.

BALSAMIC CREAM WITH FIG

Delicious Balsamic Cream is enriched by fig extract to create a mild, particularly aromatic flavor.

Try it on salads and other savory dishes, on desserts, or simply use as a flavorful decorative element when plating any dish. Be pleasantly surprised by its addition to arugula salads, grilled meat, poultry, yellow cheeses, fruit salads or even ice cream.

PACKAGING SPECIFICATIONS VINEGAR TRADITIONAL PRODUCTS

Product	Packaging	Content ml/Item	Box Item/box	Net Weight Kg/box	Palette Box/Europalette
Balsamic Vinegar with Honey	glass bottle	250	12	6,7	130
Balsamic Cream with Fig	squeezable	250	12	4,4	132
White Wine Vinegar with Rosemary & Thyme	glass bottle	250	12	6,6	130





"GREEK LIFE" PETIMEZI CRETAN GRAPE JUICE SYRUP

The "**Greek Life**" **Petimezi** Cretan grape-juice syrup is made from grape concentrate taken from the exceptional fresh ripe grapes of the region. Our grapes are excellent because they are grown in fertile soils and temperate climate cooled by sea breeze of the Aegean sea. The grapes are picked one by one and the must is derived out of them in a mild way.

The raw material, its traditional way of manufacture (based on our grandmothers' recipes), the passion and thorough cleaning are the elements that make our product unique. The Grape-juice syrup of Crete contains no additives. It does not contain any sugar, preservatives, or dyes, etc. It works as a substitute for sugar. It is used as a sweetener in cakes, muffins, donuts, beverages, yoghurt and more. It is an excellent kind of syrup for every type of ice-cream and it can also be used in pancakes and muffins. Cooking experts make use of it in marinades, sauces, crusts, burgers, meat balls, roasted meat as well as in salad dressings along with some vinegar (or perhaps some pomegranate for those who like it).

It comprises all of the therapeutic components of the grape. It has a wonderful aroma and taste and it is an excellent source of iron and calcium, magnesium, manganese, phosphorus, potassium and copper. It has soothing properties for the throat, and that is the reason why it is used as a cough medicine. It works as an antidepressant, it can be used by people suffering from anaemia and it can be extremely restorative, 1-2 tablespoons in the morning give the body immediate energy boost.

It is kept out of the refrigerator for too long (over 48 months).

Available in

- Glass packaging of 250 ml (325 gr).
- Pet bottle of 5 lt (6,7 kg)





”GREEK LIFE” VINEGAR WITH GRAPE JUICE SYRUP

Made from a type of balsamic vinegar and “Greek Life” Cretan grape-juice syrup together. It has a special flavor and wonderful sweet and sour taste.

It is mainly used in green salads.

Keep in a cool & dry place for too long (over 48 months).

Available in: Glass bottle Marasca of 250 ml

”GREEK LIFE” TRADITIONAL BULBS OF CRETE





"GREEK LIFE" CRETAN SOULTANNINA RAISINS



The raisins and the grape-juice syrup are, together with honey, the most important traditional sweeteners in Crete.

The final product goes through a rigorous screening process under strict hygiene rules when selecting the best quality. For better maintenance, it is smeared with vegetable oil. Before packing, it is flavoured naturally with cinnamon, cloves and laurel leaves.

The quality, flavour and fine aroma are the strong features of our product.

The grape is a rich source of trace elements and minerals (calcium, potassium, magnesium, phosphorus, iron and others), with beneficial effects on health(*). It has rich nutrients, it is a good source of iron, potassium and selenium, while containing vitamin A and vitamin B (B1, B2, B3, B6, etc.) and is rich in fiber. Because it is a good vegetable source of iron, it helps in the treatment of iron deficiency anaemia. The raisins are an excellent source of potassium, which has proven to be one of the factors that reduces blood pressure and fluid retention. The raisins are rich in fiber, which act as constipation, hemorrhoids and help lower cholesterol. The Study Centre for Studies and Research in Los Altos, California, showed that 1/4 cup of raisins a day lowers cholesterol by 10%.

It is noteworthy that raisins contain substances that fight bacteria in the mouth that are responsible for caries and gingivitis. It is known that sugar consumption is responsible for the acidification and the creation of dental plaque. Raisins contain mainly fructose and glucose that do not support the creation of dental plaque.

As in the top antioxidant foods, they have a positive effect on heart disease by stimulating the body to use its own cholesterol.

They are used as an ingredient in many dishes, salads and pastries, while, eaten as just a fruit, they are a tasty snack, especially for athletes.

They are kept in a cool & dry place for too long (over 14 months).

Available in packages: Small bag lined kraft paper of 170 g





“GREEK LIFE” CORINTHIAN CURRANT



Currant is a natural product made by sun drying the grapes of the Greek vine variety under the scientific name **Vitis Vinifera L.**

The world-renowned Currants under the name "VOSTIZZA" is considered the Currant of the highest quality and its distinctive feature is the excellent aroma and the unique taste. "VOSTIZZA" is exclusively cultivated on the semi-mountainous and mountainous area of Aeghialeia.

It is kept in dry and cool places at <18 °C temperature and <65% relevant humidity free from insects and strong odours.

Minerals per 100g

Potassium	710mg
Magnesium	30mg
Iron	4mg
Zinc	0.6mg
Calcium	10mg
Phosphorus	181mg

Nutritious value per 100g

Energy	294 Kcal (1231 kJ)
Proteins	2.5 g
Carbon hydrates	77.5±2 g
Sugars	68±2 g
Fat	< 0.4 g
Dietary Fibres	6.7 g
Vitamins	A, B6, B12, C, E Niacin, Folacin





"GREEK LIFE" BLANCHED ALMOND KERNELS, FLAKES



"GREEK LIFE" AEGINA-TYPE PISTACHIO NUTS, CLOSED SHEL

Greek pistachios with white shells and excellent taste. Greek island of Aegina grows some of the best pistachios in the world.





SESAME BARS

Homer and Herodotus spoke of the snack in the Iliad and other ancient documents as early as the 8th and 5th centuries BC. Throughout the ages, our beloved sesame bar, prepared with sesame and honey, has been and continues to be not only a sweet snack, but also a natural source of energy.

The high content of vitamin E, calcium, phosphorus, potassium, magnesium, and iron in combination with the digestible nature of the product offer the consumer a nutritional snack for all hours of the day.



BIO SESAME BAR

Average nutritional value	per 100 g	per portion** 15g	% RI* per 15g
Energy (kcal)	584,0	87,6	4
(kJ)	2427,0	364,1	
Fat (g)	41,8	6,3	9
Of which saturates (g)	6,8	1,0	5
Carbohydrates (g)	32,5	4,9	2
of which sugars (g)	23,9	3,6	4
Fibre (g)	6,1	0,9	4
Protein (g)	16,4	2,5	5
Salt (g)	0,01	<0,01	<1

* RI=Reference intake of an average adult (8400kJ/2000kcal)

** A portion is 15g. 3 portions per unit

Average nutritional value	per 100 g	per portion** 25g	% RI* per 25g
Energy (kcal)	388,0	97,0	5
(kJ)	1623,0	405,8	
Fat (g)	19,2	4,8	7
of which saturates (g)	2,8	0,7	4
Carbohydrates (g)	44,2	11,1	4
of which sugars (g)	19,6	4,9	5
Fibre (g)	5,6	1,4	6
Protein (g)	6,8	1,7	3
Salt (g)	0,01	<0,01	<1

* RI=Reference intake of an average adult (8400kJ/2000kcal)

** A portion is 25g. 2 portions per unit





ALMOND BAR

Our nut bars combine the nutritional benefits of honey and dried nuts such as almonds.

These bars offer our consumers energy and many essential nutrients such as unsaturated fats, vegetable protein, antioxidants, vitamins B and fiber.



Average nutritional value	per 100 g	per portion* * 20g	% RI* per 20g
Energy (kcal)	579,0	115,8	6
(kJ)	2407,0	481,4	
Fat (g)	41,2	8,2	12
of which saturates (g)	3,3	0,7	3
Carbohydrates (g)	32,3	6,5	2
of which sugars (g)	22,4	4,5	5
Fibre (g)	6,0	1,2	5
Protein (g)	16,8	3,4	7
Salt (g)	0,02	<0,01	<1

* RI=Reference intake of an average adult (8400kJ/2000kcal)

** A portion is 20g. 3 portions per unit

NOUGAT BARS WITH ALMONDS

Mandorlato in Italian means "filled with almonds." The snack is a sweet that originated from magical Venice! In their traditional form, nougat bars were made with honey, sugar, egg whites beaten to meringue to which almonds are added.



Average nutritional value	per 100 g	per portion** 25g	% RI* per 25g
Energy (kcal)	430,0	107,5	5
(kJ)	1806,0	451,5	
Fat (g)	15,0	3,8	5
of which saturates (g)	3,0	0,8	4
Carbohydrates (g)	65,7	16,4	6
of which sugars (g)	45,3	11,3	13
Fibre (g)	2,4	0,6	2
Protein (g)	6,2	1,6	3
Salt (g)	0,01	<0,01	<1

* RI=Reference intake of an average adult (8400kJ/2000kcal)

** A portion is 25g. 2 portions per unit





GREEK DELIGHTS

The GREEK LIFE delights characterized by a particularly rich flavor and aroma. Flavors such as Ouzo, Chios mastic gum have long been a favorite of Greek families.

The delights often accompany coffee as a dessert or are served as a treat on their own.

CHIOS MASTIC GUM DELIGHT



Average nutritional value	per 100 g	per portion** 15g	% RI* per 15g
Energy (kcal)	361,0	54,2	3
(kJ)	1532,0	229,8	
Fat (g)	0,4	0,1	<1
of which saturates (g)	0,1	0,02	<1
Carbohydrates (g)	89,0	13,4	5
of which sugars (g)	61,0	9,2	10
Fibre (g)	0,6	0,1	<1
Protein (g)	0,6	0,1	<1
Salt (g)	0,15	0,02	<1

* RI=Reference intake of an average adult (8400kJ/2000kcal)

** A portion is 15g. 10 portions per unit

OUZO DELIGHT



Average nutritional value	per 100 g	per portion* * 15g	% RI* per 15g
Energy (kcal)	314,7	47,2	2
(kJ)	1336,8	200,5	
Fat (g)	0,3	0,05	<1
of which saturates (g)	0,04	0,01	<1
Carbohydrates (g)	77,2	11,6	4
of which sugars (g)	48,7	7,3	8
Fibre (g)	0,6	0,1	<1
Protein (g)	0,5	0,1	<1
Salt (g)	0,2	0,03	<1

* RI=Reference intake of an average adult (8400kJ/2000kcal)

** A portion is 15g. 10 portions per unit





Packaging Specifications

DESCRIPTION	NET WEIGHT/ PIECE	PCS/ BOX	BOXES/ CARTON	CARTONS/ EPALLET
SESAME BARS				
Sesame bar "3 bar"	45g. (3x15g.)	24	8	55
Bio sesame bar	50g. (2x25g.)	30	8	45
NUT BARS				
Almond bar	60g.	20	7	62
NOUGAT BARS				
Nougat bar with almonds	50g.	20	8	60

Packaging Specifications

DESCRIPTION	NET WEIGHT/BAG	BAGS/ CARTON	CARTONS/ EPALLET
GREEK DELIGHTS			
Chios mastic gum delight	150g.	24	160
Ouzo delight	150g.	24	160





•HORECA products
•Wholesale products
•Products for Super Market
•Products for Catering & Confectionery



JAM WITH 40%-55% PIECES OF FRUIT

From selected fruit without preservatives, prepared with authentic Cretan traditional recipe, with a high content in fruits.

Enjoyable & homely taste with high nutritional value & quality guarantee!

- | | |
|------------|-----------|
| Orange | Cherry |
| Strawberry | Peach |
| Apricot | Rashberry |
| Fig | Kiwi |
| Carob | Carrot |
| Apple | |

Product	Package
Jam with 55% pieces of fruit	Plastic Package of 15kg
	Plastic Package of 5kg
	PET jar 250gr
	PET jar 450gr
	Glass jar 230gr
	Glass jar 370gr

Product	Package
Jam with 40% pieces of fruit	Plastic Package of 15kg
	Plastic Package of 5kg

•HORECA products
•Wholesale products
•Products for Super Market
•Products for Catering & Confectionery



•HORECA products
•Wholesale products
•Products for Super Market
•Products for Catering & Confectionery



JAM FOR CONFECTIONERY & FARCITURA

For filling & backing

- Orange
- Cherry
- Strawberry
- Apricot
- Peach

Product	Package
Jam for confectionery & farcitura	Plastic Package of 15kg
	Plastic Package of 5kg

ICE CREAM SYRUP

4 different flavours for ice cream lovers!

They are available in plastic bottles for professional & family use.

- | | |
|---------------------------|-------------|
| Strawberry | Sour Cherry |
| Caramel | Praline |
| Package of bottle 1300gr. | |





- HORECA products
- Wholesale products
- Products for Super Market
- Products for Catering & Confectionery



HONEY DELICACY & GOLDEN SYRUP

One exquisite syrop flavor for confectionery products.

Delicacy in professional packing of 5 kg and 15 kg containing 30% honey & honey syrup, flavored with natural aroma honey syrup.

Plastic Package of 15kg & 5kg

- HORECA products
- Wholesale products
- Products for Super Market
- Products for Catering & Confectionery

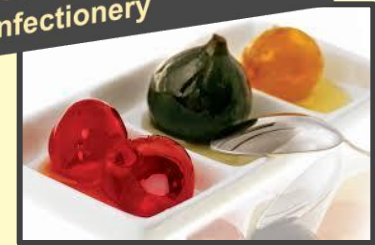


PRALINE CREAM PRALINE WHITE PRALINE

Praline Cream containing chocolate & hazelnut. Suitable for Confectionery and Catering purposes.

Product	Package
Praline	Plastic Package of 15kg
	PET jar 260gr
	PET jar 470gr

- HORECA products
- Wholesale products
- Products for Super Market
- Products for Catering & Confectionery



TRADITIONAL STEWED FRUITS

Cretan Traditional

Stewed fruits in glass jar, in pet jars and in professional packing.

Produced based on traditional Cretan recipes.

Orange	Fig
Carrot	Sour Cherry
Bitter Orange	Bergamot
Cherry	Grape

JAM & HONEY STICKS

Jam, Honey & Honey Delicacy in personal packing with easy open of 20gr. They are prepared based on traditional Cretan recipes and they have exquisite flavor & aroma.

Suitable for Confectionery and Catering purposes.

Orange Cherry Strawberry Apricot Peach

Product	Package
TRADITIONAL STEWED FRUITS	Plastic Package of 15kg
	Plastic Package of 5kg
	PET jar 250gr
	PET jar 470gr
	Glass jar 240gr
	Glass jar 390gr





PICKLED VEGETABLES BASED ON TRADITIONAL MACEDONIAN RECIPES



Roasted peppers



Special cabbage



Cauliflower



Vine leaves



Special pickles



Peppers



Tomatopepper



Beetroot



Sun dried tomatoes



Entire green tomatoes



Caper



Carrots





PACKAGING SPECIFICATIONS PICKLED VEGETABLES

Product Description	Packaging	Net Weight	Drained Weight	Per Pallet
MACEDONIAN PEPPER N.0 FLOWER	PLASTIC PET	4x4,75kg	4 X 2,5kg	24
GHERKINS FLOWER (3-6cm)	PLASTIC PET	4X5kg	4X3kg	24
SMALL GHERKINS (6-9cm)	PLASTIC PET	4X5kg	4X3kg	24
MIXED PICKLES	PLASTIC PET	4X5kg	4X3kg	24
ENTIRE GREEN TOMATOES	PLASTIC PET	4X5kg	4X3kg	24
SUN-DRIED TOMATOES	PLASTIC PET	4X3kg	4X1,85kg	40
SUN-DRIED TOMATOES STRIPS	PLASTIC PET	4X3kg	4X1,85kg	40
SPECIAL CABBAGE	PLASTIC PET	4X5kg	4X3kg	24
CAULIFLOWER	PLASTIC PET	4X5kg	4X3kg	24
CAPER	PLASTIC PET	4X5kg	4X4kg	24





Product Description	Packaging	Net Weight	Drained Weight	Per Pallet
MACEDONIAN PEPPER	GLASS JAR 370ml	12X320gr	12X170gr	126
MACEDONIAN PEPPER	GLASS JAR 720ml	12X670gr	12X370gr	72
MACEDONIAN PEPPER	PLASTIC BAG	12X400gr	12X200gr	64
MACEDONIAN PEPPER	PLASTIC TAPER	12X500gr	12X250gr	64
PELOPONESIAN PEPPER	PLASTIC BAG	12X650gr	12X350gr	48
HOT PEPPER	GLASS JAR 370ml	12X270gr	12X150gr	126
PEPPER RED & YELLOW STRIPES	GLASS JAR 500ml	12X450gr	12X250gr	112
ROASTED RED PEPPERS	GLASS JAR 720ml	12X695gr	12X500gr	72
ROASTED RED PEPPERS	GLASS JAR 500ml	12X465gr	12X350gr	112
ROASTED RED PEPPERS	GLASS JAR 370ml	12X325gr	12X250gr	126
ROASTED RED&YELLOW PEPPERS	GLASS JAR 500ml	12X465gr	12X350gr	112
GHERKINS FLOWER (3-6cm)	GLASS JAR 370ml	12X365gr	12X200gr	126
GHERKINS	GLASS JAR 720ml	12X710gr	12X400gr	72
SMALL GHERKINS (5-8cm)	GLASS JAR	6X1450gr	6X900gr	56
SMALL GHERKINS (5-8cm)	PLASTIC BAG	12X500gr	12X300gr	64
GHERKINS FLOWER (+300 pcs/kilo)	GLASS JAR 106ml	24X105gr	24X60gr	180
MIXED PICKLES	GLASS JAR 370ml	12X360gr	12X170gr	126
MIXED PICKLES	GLASS JAR 720ml	12X690gr	12X370gr	72
MIXED PICKLES	PLASTIC BAG	12X500gr	12X300gr	64
MIXED PICKLES	PLASTI TAPER	12X500gr	12X250gr	64
MIXED PICKLES	PLASTIC BAG	12X1000gr	12X600gr	40
VINE LEAVES	GLASS JAR 500ml	12X420gr	12X240gr	112
VINE LEAVES	GLASS JAR 720ml	12X630gr	12X480gr	72
SUN-DRIED TOMATOES	GLASS JAR 370ml	12X365gr	12X200gr	126
CAPER	GLASS JAR 156ml	20X150gr	20X110gr	168
CAPER	GLASS JAR 106ml	24X106gr	24X60gr	180
BEETROOT	GLASS JAR 720ml	12X710gr	12X500gr	25
THASSOS THROUMPA OLIVES	VACUUM	12X250gr		64
GREEN WHOLE OLIVES IN BRINE	GLASS JAR 370ml	12X360gr	12X200gr	126
GREEN PITTED OLIVES IN BRINE	GLASS JAR 370ml	12X360gr	12X190gr	126
GREEN OLIVES STUFFED WITH RED PEPPER	GLASS JAR 370ml	12X360gr	12X200gr	126
GREEN OLIVES STUFFED WITH SUN-DRIED TOMATO	GLASS JAR 370ml	12X360gr	12X200gr	126
GREEN OLIVES STUFFED WITH ALMOND	GLASS JAR 370ml	12X360gr	12X200gr	126
GREEN OLIVES STUFFED WITH GARLIC	GLASS JAR 370ml	12X360gr	12X200gr	126



PICKLED VEGETABLES



RICE & PULSES



lentil



chickpeas type Thivon



kidney dry beans



rice t-bonet Thessalonikis



rice Carolina Thessalonikis



rice glutinous Thessalonikis



rice brown Thessalonikis



beans elephant Kastorias



fava St.Vissarion



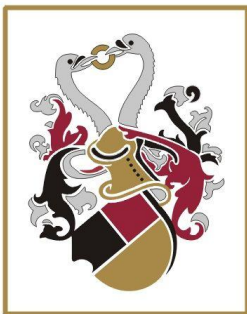


PACKAGING SPECIFICATIONS RICE & PULSES

Product	Package
LENTIL THIN	25kg
LENTIL THIN	5kg
LENTIL THIN	1kg
LENTIL THIN	500gr
CHICKPEAS type THIVON	25kg
CHICKPEAS type THIVON	5kg
CHICKPEAS type THIVON	1kg
CHICKPEAS type THIVON	500gr
KIDNEY DRY BEANS MEDIUM	25kg
KIDNEY DRY BEANS MEDIUM	5kg
KIDNEY DRY BEANS MEDIUM	1kg
KIDNEY DRY BEANS MEDIUM	500gr
BEANS ELEPHANT KASTORIAS	25kg
BEANS ELEPHANT KASTORIAS	5kg
BEANS ELEPHANT KASTORIAS	500gr
BULGUR MEDIUM KARAGOUNIKO (CRACKED WHEAT)	25kg
BULGUR MEDIUM KARAGOUNIKO (CRACKED WHEAT)	5kg
BULGUR MEDIUM KARAGOUNIKO (CRACKED WHEAT)	1kg

Product	Package
BULGUR MEDIUM KARAGOUNIKO (CRACKED WHEAT)	500gr
FAVA St.VISSARION	25kg
FAVA St.VISSARION	5kg
FAVA St.VISSARION	500gr
RICE T-BONET THESSALONIKIS	25kg
RICE T-BONET THESSALONIKIS	5kg
RICE T-BONET THESSALONIKIS	500gr
RICE CAROLINA THESSALONIKIS	25kg
RICE CAROLINA THESSALONIKIS	5kg
RICE CAROLINA THESSALONIKIS	500gr
RICE GLUTINOUS THESSALONIKIS	25kg
RICE GLUTINOUS THESSALONIKIS	5kg
RICE GLUTINOUS THESSALONIKIS	500gr
RICE BROWN THESSALONIKIS	25kg
RICE BROWN THESSALONIKIS	5kg
RICE BROWN THESSALONIKIS	500gr





A. MEGAPANOS WINERY





Nemea Megapanos Dry Red

Deep red colour with aromas of black cherry and plum together with the discreet presence of cinnamon — aromas that have been acquired from ageing in barrels of Greek oak, which at the same time softens the tannins and produces a velvety texture. The aftertaste is very intense with a strong presence of smoky flavours.

<http://www.megapanos.gr/eng/wines.php?id=0>



Savatiano Megapanos Dry White

Regional Wine of Spata, has a crystal clear colour, a soft refreshing taste on the palate and a fine aroma.

<http://www.megapanos.gr/eng/wines.php?id=2>



Mantinia Megapanos Dry White

A bright, clear colour with yellow-green highlights, with aromas of roses, lemon blossom, and apples and pears.

<http://www.megapanos.gr/eng/wines.php?id=1>



Amynteo Megapanos Dry Rose

A superb rosé wine produced from a most distinct red grape variety “Xinomavro”, from the VQPRD region of Amynteo, the only Appellation region in Greece allowed to produce rosé wine. It is strongly characterised by the aromas of sun-dried tomato, green pepper and crushed olive.

<http://www.megapanos.gr/eng/wines.php?id=3>

E Megapanos Red



We used the Greek letter Epsilon, Ε, to name this wine, from the Greek word Ερυθρός (Erithros) which means Red.

It is a blend of the classic Merlot and Agiorgitiko, the most prestigious Greek red grape variety, grown on the slopes of Nemea in the Peloponnese.

The wine strikes a captivating balance between power and finesse.

The delicious core of layered black fruit - crème de cassis, blackberry and black cherry - is imbued with rich mocha and toasty toffee.

<http://www.megapanos.gr/eng/wines.php?id=6>

L Megapanos White



We used the Greek letter Lambda, Λ, to name this wine from the Greek word Λευκό (Lefko) which means White.

This is a blend of the classic Sauvignon blanc and Savatiano, one of the most prestigious Greek white grape varieties, grown in the valleys of Attica close to Athens.

Crisp aromas of pear and exotic ginger flower mingle with flavours of white peach and quince. Its supple texture, laced with minerality, extends into a soft, caressing finish.

<http://www.megapanos.gr/eng/wines.php?id=7>

Award winning Megapanos Greek wines in 2014:

Megapanos Erythros Agiorgitiko (Merlot) 2011:

Gold Medal, New York International Wine Competition 2014

Megapanos Agiorgitiko of Nemea 2010:

Silver Medal, New York International Wine Competition 2014

Megapanos Xinomavro 2013:

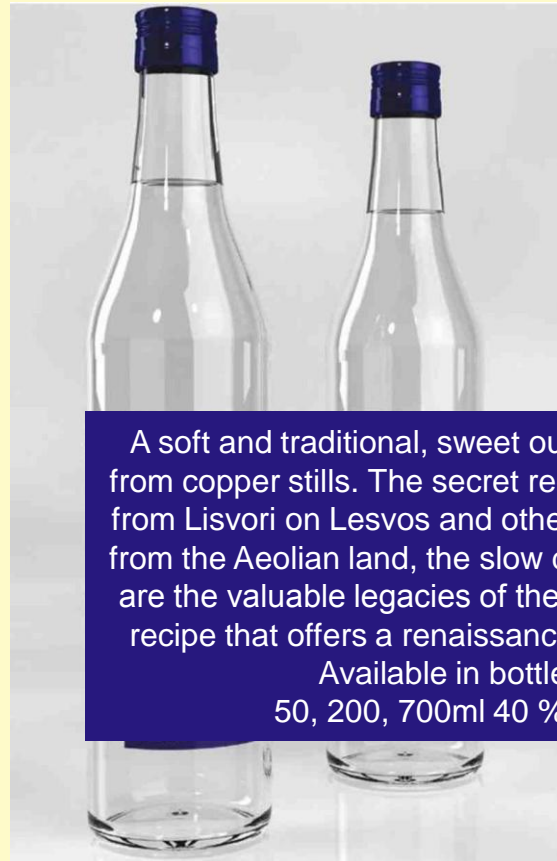
Bronze Medal, New York International Wine Competition 2014

Greek Winery of the Year, New York International Wine Competition 2014:

Megapanos Winery



"GREEK LIFE" OUZO MITILINI TRADITIONAL DRINK FROM MYTILINI



A soft and traditional, sweet ouzo, with distillate from copper stills. The secret recipe with aniseed from Lisvori on Lesvos and other aromatic seeds from the Aeolian land, the slow distillation boiling, are the valuable legacies of the past. It's the old recipe that offers a renaissance of the senses.

Available in bottles:
50, 200, 700ml 40 % Vol





**100%
NATURAL**

HERBAL TEA IN TEABAGS

Box packaging: 100% recyclable
Content: 10 teabags which are air-tight sealed for keeping the aromas.

Teabag: Made from non bleached paper material, 100% recyclable.

dittany of Crete *Origanum dictamnus*

Healing Properties:

- Cold & flu symptoms
- Sedative, tonic & detoxifying
- Antiseptic & warming
- Osteoporosis & Anaemia
- Beneficial for blood vessels of heart

Net Weight: approx. 13gr

mint of Crete *Mentha pulegium*

Healing Properties:

- Rheumatism & arthritis
- Stomach disorders
- Cough
- Asthma & Colds
- Relaxing
- Neurological disorders

Net Weight: approx. 13gr

sage of Crete *Salvia triloba (fruticosa)*

Healing Properties:

- Nervous exhaustion
- Symptoms of cold & flu
- Asthma & Cough
- Diabetes
- Excessive sweat
- Diuretic

Net Weight: approx. 13gr

SweetBlend *dittany* *sage* *stevia*

Healing Properties:

- Sedative, tonic & detoxifying
- Symptoms of cold & flu
- Asthma & Cough
- Antiseptic & warming
- Diabetes
- Osteoporosis & Anaemia

Net Weight: approx. 13gr

WellnessBlend *spearmint* *lemon balm* *lavender*

Healing Properties:

- Anxiety
- Insomnia
- Nausea
- Digestion & Stomach cramps
- Fever, Asthma & Colds
- Menstruation regulator

Net Weight: approx. 13gr

StrongBlend *dittany* *sage* *lemon balm*

Healing Properties:

- Sedative & detoxifying
- Symptoms of cold & flu
- Asthma & Cough
- Antiseptic & warming
- Diabetes
- Osteoporosis & Anaemia

Net Weight: approx. 13gr

MountainBlend *dittany* *Origanum dictamnus* *kalokimithia* *Origanum microphyllum*

Healing Properties:

- Sedative, tonic & detoxifying
- Antiseptic & warming
- Symptoms of cold & flu
- Stomach cramps

Net Weight: approx. 13gr



ORGANIC HERBS



100%
NATURAL

HERBAL TEA LOOSE HERBS

dittany of Crete *Origanum dictamnus*

Healing Properties:

- Cold & flu symptoms
- Sedative, tonic & detoxifying
- Antiseptic & warming
- Osteoporosis & Anaemia
- Beneficial for blood vessels of heart

Net Weight: approx. 30gr

lemon balm of Crete *Melissa officinalis*

Healing Properties:

- Anxiety
- Insomnia
- Digestion & Stomach cramps
- Fever
- Menstruation regulator

Net Weight: approx. 30gr

Wellness Blend *spearmint* *lemon balm* *lavender*

Healing Properties:

- Anxiety
 - Insomnia
 - Nausea
 - Digestion & Stomach cramps
 - Fever, Asthma & Colds
 - Menstruation regulator
- Net Weight: approx. 30gr

thyme of Crete *Thymus vulgaris L.*

Healing Properties:

- Cough and respiratory problems
- Diarrhoea, indigestion, stomach aches
- Arthritis & muscle pain
- Insomnia

Net Weight: approx. 30gr

lavender *Lavandula angustifolia*

Healing Properties

- Anxiety
- Sedative and hypnotic
- Neurological discomforts
- Migraines, cramps & rheumatism

Net Weight: approx. 30gr

sage of Crete *Salvia triloba (fruticosa)*

Healing Properties

- Nervous exhaustion
- Symptoms of cold & flu
- Asthma & Cough
- Diabetes
- Excessive sweat
- Diuretic

Net Weight: approx. 30gr



ORGANIC HERBS



oregano of Crete
Origanum vulgare

Nutritional Benefits:

Oregano is an excellent source of vitamin-K and a very good source of iron, manganese and dietary fiber. In addition, it's a good source of calcium, magnesium, vitamin A, vitamin C and omega-3 fatty acids.
Net Weight: aprox. 30gr

rosemary of Crete
Rosmarinus officinalis

Nutritional Benefits:

Rosemary is a good source of the minerals iron and calcium, as well as dietary fiber. Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, improving digestion and concentration.
Net Weight: aprox. 30gr

**kalokimithia
of Lassithi, Crete**
Origanum Microphyllum

Healing Properties

- Arthritis & muscle pain
 - Insomnia
 - Cough and respiratory problems
 - Diarrhoea, indigestion, stomach aches
- Net Weight: 30gr

StrongBlend
Dittany
Sage
lemon balm

Healing Properties:

- Sedative & detoxifying
 - Symptoms of cold & flu
 - Asthma & Cough
 - Antiseptic & warming
 - Diabetes
 - Osteoporosis & Anaemia
- Net Weight: 30gr

Stress Relief
lavender
lemon balm

Healing Properties:

Calms the nerves and hypnotizes the body helping insomnia and stress.
Reduces cramps and migraines and helps digestion.
Net Weight: 30gr

All our herbs are 100% natural with no chemicals or pesticides used and are obtained from our own organically certified cultivation. All our products are produced under strict health & safety guidelines to ensure the highest quality to the consumer.





100%
NATURAL

HERBAL SPICE HERB SHAKERS

rosemary of Crete in handmade ceramic shaker

Nutritional Benefits:

Rosemary is a good source of the minerals iron and calcium, as well as dietary fiber. Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, improving digestion and concentration.

Serving Suggestions:

- Add rosemary to omelets and frittatas.
- Rosemary is a wonderful herb for seasoning chicken and lamb.
- Add rosemary to tomato sauces and soups.
- Even better than butter, purée rosemary with olive oil and use as a dipping sauce for bread.

Net Weight: 30gr

oregano of Crete in handmade ceramic shaker

Nutritional Benefits:

Oregano is an excellent source of vitamin-K and a very good source of iron, manganese and dietary fiber. In addition, it's a good source of calcium, magnesium, vitamin-A, vitamin-C and omega-3 fatty acids.

Serving Suggestions:

- Goes well with healthy sautéed mushrooms and onions.
- Oregano makes an aromatic addition to omelets and frittatas.
- Sprinkle some thyme onto homemade garlic bread.
- Add it to salad dressings.

Net Weight: 30gr

thyme of Crete in handmade ceramic shaker

Nutritional Benefits:

Thyme is an excellent source of iron, manganese, and vitamin-K. It's also a very good source of calcium and a good source of dietary fiber.

Serving Suggestions:

- Add thyme to your favorite pasta sauce recipe.
- Thyme adds a wonderful fragrance to omelets and scrambled eggs.
- Hearty beans such as kidney beans, pinto beans and black beans taste exceptionally good when seasoned with thyme.
- Season some thyme over baked fish.
- Season soups and stocks by adding thyme.

Net Weight: 30gr



ORGANIC HERBS



HERBAL BATH POUCH



Directions: Fill your bathtub with hot water and add the herbal pouch. Let it steep for 5-10 minutes.

Keep in bathtub during bathing.

Outer packaging: Plastic biodegradable bag

Inner Packaging: 100% recyclable cloth

firming

›Thyme (*Thymus capitatus*)

- strengthens skin
- tones & gives shine to hair
- effective against acne
- acts against oily skin
- combats cellulite

›Sage (*Salvia triloba [fruticosa]*)

- natural tonic for healthy hair, face & skin
- reduces cellulite
- increases blood circulation
- minimizes & delays wrinkles as it stimulates cell renewal

›Oat (*Avena sativa*)

- relaxing
- soothes itchiness & rashes
- soothes inflammations from allergies, insect bites, or sunburn
- leaves skin soft and smooth

Net Weight: 30gr

relaxing

›Lavender (*Lavandula angustifolia*)

- relaxes muscles
- eases tension
- energizes & cleanses skin
- acts against Insomnia

›Lemon Balm (*Melissa officinalis*)

- calms the body
- cleanses & tones
- rejuvenates skin.
- helps combat

›Oat (*Avena sativa*)

- relaxing
- soothes itchiness & rashes
- soothes inflammations from allergies, insect bites, or sunburn
- leaves skin soft and smooth

Net Weight: 30gr





HERBAL BATH FIZZER



Use the herbal bath pouch also for massage!

Bath fizzer With dittany & lavender

Bath fizzer ball for your bath or for a foot spa, with organic cretan dittany, lavender, olive oil & essential oils.

Instructions:

Unwrap the packaging and place the fizzer in the water. The bath fizzer releases all the therapeutic properties of the herbs & together with the active oxygen & the olive oil it cools your skin & leaves it soft.





BATH SALTS

Bath salts With dittany & lavender

Ingredients: Cretan sea salt, olive oil, lavender dittany of Crete.

Use & Properties: Sprinkle 3 tablespoons of bath salts in a warm bathtub and have a nice long soak. Bath salts with the combination of herbs release muscle tension and improve common irritation such as insect bites, minor rashes, calluses on the feet. They also help serious skin conditions such as athlete's foot, eczema, and psoriasis. The herbs ease nervous tension, relieve pain, disinfect scalp and skin, enhance blood circulation and may help respiratory problems.

The salt is collected from the seashores of Crete.

Net Weight: 100gr

Why Sea Salt?

Sea salt is a great purifier that dissipates negative energy. Sea salt is alkaline and therefore helps to lower the acidity of the body. The salt water penetrates the pores and is absorbed into the bloodstream with helps remove accumulated lactic acid in the body.

Sea salt mineral baths with herbs promote relaxation, reduced stress, enhanced circulation, increased detoxification, improved skin integrity and decreased inflammation. Advise your doctor before bathing in sea salts and herbs.





BEESWAX CREAMS & SOAP

beeswax balm with olive oil, calendula & lavender

In handmade ceramic container

Ingredients: beeswax, olive oil, calendula & lavender

Properties: antibiotic & disinfectant, helps treat eczema, wounds, sunburn & stings. It renews and rebuilds the skin treating juvenile acne, softening post-surgical scars and moisturizing the skin. Suitable for babies. External use only.
Net Weight: 40 ml

beeswax balm with olive oil, calendula & thyme

In handmade ceramic container

Ingredients: beeswax, olive oil, calendula & thyme.

Properties: Antiseptic & antibacterial which helps specifically the treatment of fungal diseases due to the properties of thyme. Heals the skin & helps significantly with skin problems such as acne.

Suitable for babies. External use only.

Net Weight: 40 ml

Handmade olive oil soap with herbs

The herbal soaps are made with pure ingredients such as organic Cretan olive oil, fresh lemon juice, almond milk, herbs, etc.





HERBAL SOAPS WITH ORGANIC HONEY



Herbal Soap with Lavender

The Greek Life Herbal soap made from Lavender. Combines plant-based soda and glycerin with almond oil, lavender, excellent French perfume and sterile water.

Use it in the shower, for face cleanser or as plain soap.
Net Weight: approx. 100gr

Herbal Soap with Organic Honey

The Greek Life vegetable soap made from organic honey. Combines plant-based soda and glycerin with almond oil, organic honey, excellent French perfume and sterile water.

Use it in the shower, for face cleanser or as plain soap.
Net Weight: approx. 100gr

Herbal Soap with Organic Propolis

The Greek Life Herbal soaps are made of organic honey and of organic propolis. Both types of soap combine plant-based soda and glycerin with almond oil, organic honey or propolis, excellent French perfume and sterile water.

We recommend using it in the shower, as gentle face cleanser and for our diehard eclectic fans even as plain soap.

Net Weight: approx. 100gr

Herbal Soap with Organic Royal Jelly

The Greek Life Herbal soap made from organic Royal Jelly. Combines plant-based soda and glycerin with almond oil, organic royal jelly, excellent French perfume and sterile water.

Use it in the shower, for face cleanser or as plain soap.

Net Weight: approx. 100gr





NATURAL HANDMADE SOAPS



Goji Berry Natural Handmade Soap

Goji Berry & Cucumber Natural Handmade Soap

Hippophae Natural Handmade Soap

(for deep facial cleaning, acme, oily skins)

Hippophae & Laurel, Rosemarinus Natural Handmade Soap

(for hair lose)

Aronia & Goji Berry Natural Handmade Soap

(anti-wrinkle, anti-aging)

Aronia & Aloe Vera Natural Handmade Soap

(100% natural antiseptic hypoallergic soap for the body)

Naturo Soft Natural Handmade Soap

(100% herbs natural soap with aloe vera, chamomile, calendula, St John's wort for sensitive skin)

Package: 100gr





**Olive
Massage oil
with herbs of Crete**

Infused extra virgin olive oil with organic herbs of Crete

Properties

Use cold or heated as a massage oil, a daily moisturizer or simply add a few drops to your bath.

Net Weight: 60ml or 90ml





Organic essential oil
from herbs of Crete

**100%
DISTILLED**

Juniper **Lavender** **Oregano** **Sage**

Use these unique essential oils derived from our organic herbs for aromatherapy,
for your bath or for massage
Net Weight: 5ml





NATURAL CELL REGENERATION CREAM

The wax cream “Greek Life” is an excellent product created of natural ingredients for many uses, such as wrinkles, dry skin, burn marks, injuries, chapped lips, cellulite ... for the face and the body.

Ingredients: Honey, Propolis, Olive Oil, Natural Bee wax.
Package: 25gr





OLIVE OIL SOAPS

Olive Oil Soap NATURAL
Olive Oil Soap with ROSE
Olive Oil Soap with KUMQUAT
Olive Oil Soap with LAVENDER
Olive Oil Soap with ALOE VERA

Olive Oil Soap with CIANNAMON
Olive Oil Soap with JASMIN
Olive Oil Soap with VANILLA
Olive Oil Soap with HONEY
Olive Oil Soap with CHAMOMILE

The Olive Oil Soaps can be used daily for your personal hygiene. It is suitable for face, body and hair care, as well as for cleaning your house. It is gentle enough for even the most sensitive skin and thus suitable for babies and old people.

Net Weight: 100gr





SUPERFOODS

Fresh berries

Aronia, Gojiberries, Hippophae, Golden berries

Goji berries: antioxidants, anti-aging, tonic
Seabuckthorn berries: rich in vitamin C, B1, B3, omega fatty-oils,
Aronia berries: rich in anthocyanins, flavonoids
Golden berries: rich in vitamin B1, B3 and phosphorus.
In packs of 125 or 100gr

Dried Organic Superfoods cultivated in Greece !!!!!

Organic dried Greek Gojiberries, Aronia berries,
Seabuckthorn berries and a Blend of these 3 superfoods
Rich in antioxidants, vitamins A,B,C, omega fatty oils,
flavonoids and proteins
In doypack with zip, to preserve the most of their
nutritions

