

ART OF



NATURE

MASTIHA

THE GREEK SUPERFOOD

1

CHIOS MASTIHA (gum mastic) is a resin excreted from the Mastiha tree exclusively grown on Chios island in the Aegean sea, Homer's birthplace. This resin was prized since ancient times for its medicinal properties, its flavor and its aroma. Chios Mastiha can only grow in South Chios due to the unique characteristics of the ground, the microclimate and the traditional technique of cultivation.

2

CHIOS MASTIHA has been Granted the Status of **Protected Designation of Origin** in the EU.



[Regulation (EC) No 123/1997]

3

UNESCO has included the know-how of cultivating Chios Mastiha on the island of Chios in its **Representative List of the Intangible Cultural Heritage of Humanity**.



(Nomination file No. 00993)

4



The **European Medicines Agency (EMA)** has assigned Chios Mastiha an EU Herbal Monograph as a **TRADITIONAL HERBAL MEDICINE** used for the symptomatic treatment of minor inflammations of the skin and mild dyspeptic disorders.

[EMA/HMPC/46758/2015]

5



EFSA Health Claims Chios mastiha contributes to a healthy gastrointestinal system and has a beneficial effect on oral hygiene.

[Art. 13.2, No. 1314 @ 3082]

6

PROPERTIES



Antioxidant
Antimicrobial
Anti-inflammatory

7

BENEFITS

Gastrointestinal system

Crohn's disease | *Helicobacter pylori* | Dyspepsia | Prevention of Ulcers | Heartburn Relief | Stomach & Digestive Pain Relief | Cardiovascular system

Oral Hygiene

Xerostomia | Gingivitis | Antimicrobial Action | Antiplaque Effects | Prevention of Caries

Skin

Anaplastic Factor of the Skin | Skin Regeneration | Trauma, wound, burn Healing

mastihashop®

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The Chios Mastiha Growers Association