



The Wine Diet

A Complete Nutrition Lifestyle

Wine Analysis Report 30th July 2007

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3233 Kilb
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Report for wine samples analysed July 2007:

2006, Domaine de Grabiéou, Vins de Pays des Côtes de Gascogne; Dessans René & Frédéric

Total Phenolics = 2724 mg/L; Procyanidins (OPC) = 1125 mg/L; Rating = 5 hearts

2005, Domaine de Grabiéou, Madiran; Dessans René & Frédéric

Total Phenolics = 2640 mg/L; Procyanidins (OPC) = 1149 mg/L; Rating = 5 hearts

Key (OPC mg/L)

>240 - 360	1 heart
>360 - 480	2 hearts
>480 - 720	3 hearts
>720 - 960	4 hearts
>960	5 hearts

Methodology: Corder *et al.* *Oenology: red wine procyanidins and vascular health.* *Nature* 2006; 444: 566.



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