



The Wine Diet

A Complete Nutrition Lifestyle

Wine Analyses Report 20th December 2013

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32400 Maumusson Laguian

Report for wine samples analysed 20th December 2013:

Domaine de Grabiéou, Madiran, 2011

Total Phenolics = 3084 mg/L; Procyanidins (OPC) = 1507 mg/L; Rating = 5 hearts

Domaine de Grabiéou, Madiran, 2012

Total Phenolics = 2600 mg/L; Procyanidins (OPC) = 976 mg/L; Rating = 5 hearts

Domaine de Grabiéou, Côtes de Gascogne, St Jacques, cuve 29, 2012

Total Phenolics = 3194 mg/L; Procyanidins (OPC) = 1533 mg/L; Rating = 5 hearts

Domaine de Grabiéou, Côtes de Gascogne, St Jacques, cuve 31, 2012

Total Phenolics = 3056 mg/L; Procyanidins (OPC) = 1433 mg/L; Rating = 5 hearts

Domaine de Grabiéou, Côtes de Gascogne, Santé 2012, cuve 26

Total Phenolics = 3194 mg/L; Procyanidins (OPC) = 1561 mg/L; Rating = 5 hearts

Domaine de Grabiéou, Côtes de Gascogne, Santé 2012, cuve 28

Total Phenolics = 3235 mg/L; Procyanidins (OPC) = 1500 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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