



The Wine Diet

A Complete Nutrition Lifestyle

Wine Analyses Report 18th December 2014

Weintögl GmbH
Kettenreith 5
A-3233 Kilb
Austria

Report for wine samples analysed 17th December 2014:

Adanti Arquata, Sagrantino di Montefalco, DOCG, 2007

Total Phenolics = 4398 mg/L; Procyanidins (OPC) = 1992 mg/L; Rating = 5 hearts

Romanelli, Montefalco Sagrantino, DOCG, 2010

Total Phenolics = 4037 mg/L; Procyanidins (OPC) = 1912 mg/L; Rating = 5 hearts

Romanelli, Montefalco Sagrantino, Passito, DOCG, 2010

Total Phenolics = 3044 mg/L; Procyanidins (OPC) = 1391 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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