



# The Wine Diet

A Complete Nutrition Lifestyle

## Wine Analysis Report 14<sup>th</sup> October 2011

**Domaine de Grabiéou**  
32400 Maumusson-Laguian

Report for wine sample analysed October 5<sup>th</sup>, 2011:

**St. Jacques, 2009; Domaine de Grabiéou**

Total Phenolics = 3850 mg/L; Procyanidins (OPC) = 1450 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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