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Healthy Bonus From Red Wine

Southbrook Vineyards, famous for its light footprint on the planet, has created an exciting natural health product made from organic red wine grape skins. Bioflavia is full of powerful antioxidants and it's a first for both the wine and the natural health industries.

Bioflavia starts with the "pomace" left over after the crush. "The idea of finding a way to turn it into a valuable health product was very appealing," says Bill Redelmeier, co-owner of Southbrook, a leader in organic and biodynamic wines.

"We made this to enhance the dough for the pizzas we serve at the winery. But when we researched the antioxidant levels we were surprised," he adds.

The pomace is dried before the grape skins and seeds are separated. The skins are furthered dried and then milled. Organic grape powder and Vitamin C are added and the product is packaged at a Health Canada production facility.

Antioxidants help neutralize oxidation and cell damage caused by free radicals in our bodies. A daily consumption of antioxidants is recommended to help protect against heart disease, atherosclerosis, cancers, autoimmune disorders and advanced ageing.

Health Canada recommends 7 to 10 servings of fruits and vegetables a day. A suggested 10g serving ensures we meet our daily antioxidant requirements. Add one scoop to your smoothie or juice, or stir into yogurt or cereal. It can also be used in muffins, bars and breads, and in dips, sauces, burgers and stews.

A 300g canister costs \$29.95. www.southbrook.com



Bioflavia Sunrise Smoothie