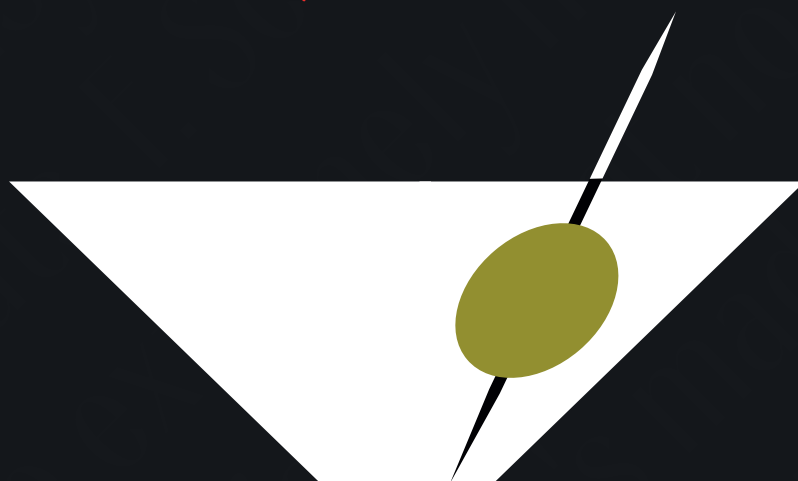


# MARTINI

## shaken, not stirred



## Purpose of shaking

Scientists, specifically biochemists, and martini connoisseurs have investigated the difference between a martini shaken and a martini stirred.

The Department of Biochemistry at the University of Western Ontario in Canada conducted a study to determine if the preparation of a martini has an influence on their antioxidant capacity; the study found that the shaken gin martinis were able to break down hydrogen peroxide and leave only 0.072% of the peroxide behind, versus the stirred gin martini, which left behind 0.157% of the peroxide. Thus a shaken martini has more antioxidants than a stirred one.

The study was done at the time because moderate consumption of alcohol appears to reduce the risk of cataracts, cardiovascular disease, and stroke.

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### GLYPH COVERAGE

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