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Wine produced by ecological methods produces relatively little nasal blockage in wine-sensitive subjects. [Andersson M](#) , [Cervin-Hoberg C](#) , [Greiff L](#) . Department of Otorhinolaryngology-Head & Neck Surgery, Lund University Hospital, Lund, Sweden. morgan.andersson@skane.se

OBJECTIVE: To compare nasal symptoms following intake of three different wines--one that was ecologically produced and two that were traditionally produced. **SUBJECTS AND METHODS:** Individuals with self-reported nasal symptoms following consumption of red wine were subjected to controlled intake of three different wines in a double-blinded, randomized, and crossover design. Nasal symptoms and peak nasal inspiratory flow (PNIF) were monitored before and 15, 30, 45, and 60 min following intake of wine. **RESULTS:** All wines produced nasal symptoms, notably nasal blockage. While blockage scores did not differ between the two non-ecological wines, the ecological wine was associated with significantly lower blockage scores, as compared with both the other wines.

CONCLUSION: Subjects with self-reported nasal symptoms following consumption of red wine may respond with less nasal blockage to a wine produced with ecological methods than to wine not labelled as ecologically produced.

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