

BEST RED WINES

FOR LONGEVITY

RANKED IN ORDER

1

1

CANONAU (GRENACHE)

- Sardinian tradition in a longevity “Blue Zone”
- **“Very high”** in antioxidants (heart/long-life benefits)
- Best “real-world longevity wine”



2

PINOT NOIR · HIGHEST RESVERATROL

- Highest in resveratrol (“anti-aging” compound)
- Helps support heart & healthy aging
- Best for “anti-aging” compounds



CABERNET SAUVIGNON · HEART PROTECTOR

- High in polyphenols & tannins
- Supports heart health, **balance cholesterol**
- Best for **cholesterol + blood vessels**



3

MERLOT / ZINFANDEL

- Good antioxidants (less than #1-3)
- Easier to drink, goes with food
- Great “everyday” Option

REMEMBER: IT'S ABOUT MODERATION!

Benefits only happen with *moderate*:

- ★ Women: ~1 glass per day
- ★ Men: ~1–2 glasses/day



LONGEVITY
SOLUTIONS