



LONGEVITY SOLUTIONS

Best Wine for Longevity:

Cannonau di Sardegna (Grenache)

What to look for:

- Cannonau di Sardegna (Grenache)

What it's like:



Bold red

- Medium-Full Body



Cherry, spice, herbs



Medium-Full body



✓ Has 2–3x more flavonoids than many wines

✓ Rich in antioxidants (polyphenols) that support heart health

✓ Part of daily life in one of the world's longest-living populations

How locals drink it (key for longevity):



Always with food (never an empty stomach)



Typically 1–2 small glasses per day




Drunk socially with family and friends



Consistent, moderate habit over time

Easy-to-find examples:

- Sella & Mosca Cannonau
- Piero Mancini Cannonau
- Any bottle labeled “Cannonau di Sardegna DOC”

 If you buy just one “Blue Zone wine,” this is it.