



CANNONAU AND THE SARDINIAN SECRET: LONGEVITY IN EVERY GLASS



Sardinia, a Mediterranean paradise and one of the world's rare **Blue Zones**, is renowned not only for its stunning landscapes but also for the remarkable longevity of its people. Central to this phenomenon is the **Cannonau grape**, a variety that thrives under the island's 320 days of sun, developing a thick skin packed with resveratrol and antioxidants—compounds increasingly linked to health and wellness. More than just a grape, Cannonau is a cornerstone of Sardinian culture, reflecting a lifestyle centered in community, tradition, and a diet rich in legumes, light on meat, and full of wine.

Pala's wines capture the soul of Sardinia, reflecting the island's rich heritage and timeless spirit. Recently, Pala entered a new chapter under the ownership of Lia Tolaini-Banville and her family, ensuring the legacy of Pala continues to thrive and prosper in the years to come.



Banville
Wine Merchants
www.banvillewine.com



PALA
Serdiana, 1950

LIVE WELL, DRINK SARDINIAN



Sardinia, one of the world's five "Blue Zones," is home to one of the healthiest and longest-living populations. This can be partly credited to the islanders' low-stress lifestyle, a healthy Mediterranean diet, and their **substantial Sardinian wine consumption!**

CENTOSERE

CANNONAU DI SARDEGNA 2022



**"A JUICY, PRECISE AND
SUCCULENT RED..."**

-JamesSuckling.com (9/24)



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CANNONAU DI SARDEGNA
RISERVA 2022



**"PRESERVED STRAWBERRIES
AND DRIED HERBS
...PERSISTENT FINISH."**

-JamesSuckling.com (8/25)



SARDINIA'S BLUE ZONE REDS



CANNONAU "THE MIRACLE GRAPE"

Many substantial health benefits are found in grape skins. Cannonau, with its notably thick skins, has two to three times the level of artery-scrubbing flavonoids as other wines.



225 days of
sun per year
in Sardinia.



Red grapes with
thick skins to
protect against
UV rays.



Heart-Healthy Anthocyanins,
Antioxidants & Resveratrol



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