



## 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.

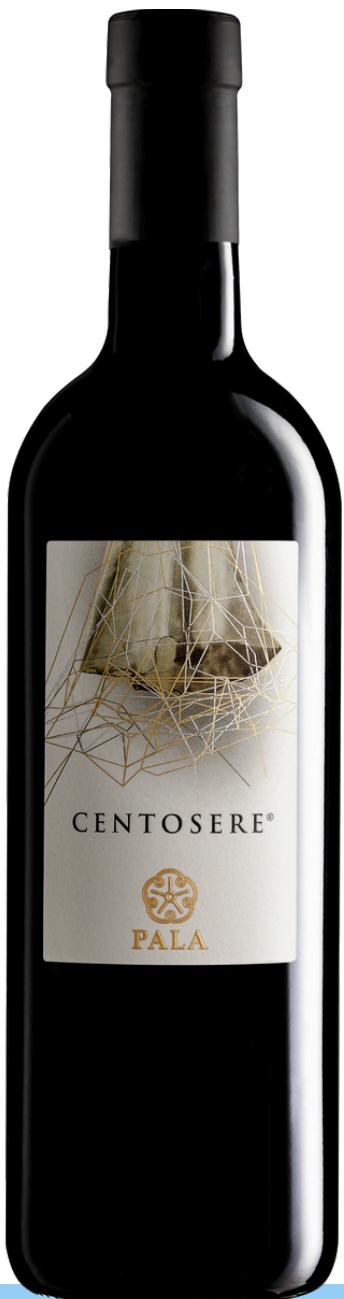


**Banville**  
Wine Merchants  
[www.banvillewine.com](http://www.banvillewine.com)



**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!**

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## CENTOSERE

CANNONAU DI SARDEGNA 2022



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

-JamesSuckling.com (9/24)



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**CANNONAU DI SARDEGNA  
RISERVA 2022**



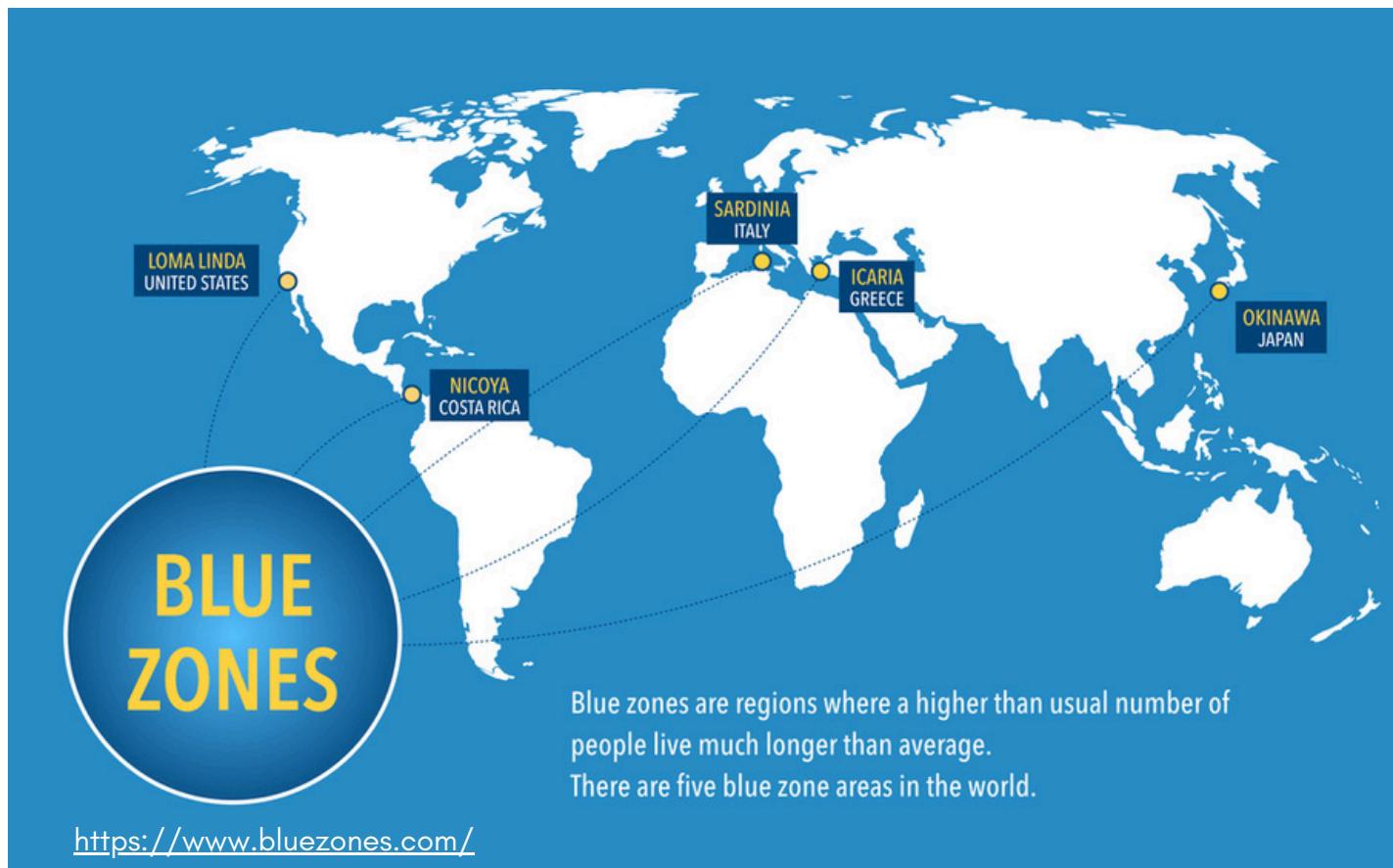
**"PRESERVED STRAWBERRIES  
AND DRIED HERBS  
...PERSISTENT FINISH."**

-JamesSuckling.com (8/25)



**Banville**  
Wine Merchants

# 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



**Banville**  
Wine Merchants