- Fall 2024 -

\$36.19

\$53.69

WHITE

| Campania, Italy | • |
|--|---------|
| 100% Fiano | |
| Familia Deicas Atlantico Sur Albarino Maldonado, Uruguay | \$23.19 |
| 100% Albarino | |
| Hic et Nunc Monolite Cortese Monferrato DOC | \$23.19 |
| Piemonte, Italy | |
| 100% Cortese | |
| Di Prisco Greco di Tufo 'Pietra Rosa' DOCG Campania, Italy | \$38.09 |
| 100% Greco | |

\$27.09

\$30.69

\$38.89

\$46.19

\$27.79

\$69.29

\$58.89

\$27.89

Di Prisco Fiano di Avellino DOCG

Tercic Scemen Sauvignon Blanc Friuli Venezia Giulia, Italy 100% Sauvignon Blanc

Tercic Chardonnay Collio Friuli Venezia Giulia, Italy 100% Chardonnay

Tercic Planta Chardonnay

Friuli Venezia Giulia, Italy 700% Chardonnay

RED

DOC

Rubinelli Vajol Valpolicella Classico Veneto, Italy 45% Corvina, 35% Corvinone, 15% Rondinella, 5% Molinara

Rubinelli Vajol Valpolicella Ripasso Classico Superiore DOC \$39.39

Veneto, Italy 5% Oseleta

50% Corvina, 25% Corvinone, 15% Rondinella, 5% Molinara, Pietro Beconcini Antiche Vie Chianti \$21.29

DOCG Tuscany, Italy

70% Sangiovese, 28% Malvasia Nera, small amounts Colorino, Canaiolo

Contact Info: Juli Champ, Healthiest Pour 717.756.9718 | juli@healthiestpour.com RED, Continued

\$23.19 Cantina Hic et Nunc Femminile Singolare DOC Piemonte, Italy 100% Barbera

Pietro Beconcini Reciso Rosso Toscana

Terre di Pisa DOC Tuscany, Italy 100% Sangiovese

La Ginestra Sant'Ellero Chianti DOCG \$26.49 Tuscany, Italy 100% Sangiovese

La Ginestra Sant'Ellero Chianti Riserva DOCG Tuscany, Italy

100% Sangiovese \$30.99

Di Prisco Campi Taurasini Campania, Italy 100% Aglianico Cantine Lonardo Irpinia Rosso \$30.99

Aglianico Campania, Italy 100% Aglianico Familia Deicas Atlantico Sur Tannat \$23.89 Maldonado, Uruguay

100% Tannat

Campania, Italy

100% Aglianico

Di Prisco Taurasi DOCG \$53.69 Campania, Italy 100% Aglianico

Cantine Lonardo Taurasi DOCG

100% Aglianico Cantine Lonardo Taurasi Coste DOCG \$69.29 Campania, Italy

Healthiest Poer

WINELIST - Fall 2024 -

Cantine Lonardo Vigne d'Alto DOCG Campania, Italy

RED, Continued

Rubinelli Vajol Amarone della \$77.09 Valpolicella

Veneto, Italy 📸 40% Corvina, 40% Corvinone, 10% Rondinella, 5% Molinara,

100% Aglianico

5% Oseleta Familia Deicas, Preludio Barrel Select

42% Tannat, 18% Cabernet Sauvignon, 13% Merlot, 13% Petit Verdot, 11% Cabernet Franc, 3% Marselan Familia Deicas, Extreme Vineyards, Cerro del Guazuvira

Lavalleja, Uruguay 50% Merlot, 40% Tannat, 8% Petit Verdot, 2% Viognier

Maldonado, Uruguay

Domaine du Prince, L'Envol du Prince Cahors, France

Domaine du Prince, Plaisir du Prince Cahors, France

70% Malbec, 30% Tannat

100% Malbec

\$52.39 Domaine du Prince, Lou Prince

100% Malbec

Cahors, France

How To Choose

Know Your Grape Variety (ies) Certain grape varieties are genetically superior at synthesizing polyphenols. While wines

(Italy), Cot (aka Malbec, France), Aglianico (Italy), and Cabernet Sauvignon. Age (of Vines) Matters

High-Polyphenol Wines

their sunset and after 90 they lose vigor. Some great wines still exist from old vines but they won't have as high of concentrations of polyphenols. **Maceration / Skin Contact** Skin contact is of paramount importance in transferring phenolic compounds into wine. The length of maceration is correlated to the phenolic content in wine. Between 2 weeks and 23 days the greatest amount are secreted. Before and after this period, either a minimal amount are released or phenols polymerize and form other compounds. Some



Type of Oak & Oak Aging The aging vessel can also be a source for phenols in wine. Winemakers can select from French, Slavonian and American oak, acacia, concrete, stainless steel and terracotta amphora among others. Aromatic grape varieties favor neutral conditions (like concrete and stainless steel) but to get the most bang for your buck, wines aged in new / 1st use French oak will contribute the most phenolic compounds.

meshes separate out solids but also desireable phenolic compounds.



<6

• 8-10: Wines are made with minimal intervention and are of the highest quality. These are the wines routinely sought after by Healthiest Pour. • 6 - 7.9: This typically indicates wines are still of reasonable quality but have been modified, most likely with the use of a heavy fining agent. • <6: Wines are made with significant manipulation including but not limited to addition of coloring agents, additives to influence acidity and tannin, etc.

8 - 10

to integrity in vineyard management and winemaking practices with an evaluation based on 6 weighted criteria (see above). Other Factors includes harvesting technique, use or disuse of native yeasts and sustainable, organic and/or biodynamic vineyard management.

Wines are rated on a 10-point scale focusing on the concentration of polyphenols, or beneficial compounds in finished wine. The algorithm was created specifically with red wines in mind; however, when vetting white wines Healthiest Pour looks at many of the same criteria, excluding Maceration Length and Fining Practices. Of

course, wines must be pleasing to the palate as well. Our focus is on quality and sensory enjoyment with consideration to enjoying wine in a more informed and health-conscious way.

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Anjali K. Champ

CONTACT

Services: • Wine Importation & Distribution Tasting Events & Lectures Wine & Food Pairings Wine Cellar Selections & Consultation

POUR SCORE

6 - 7.9

Healthiest Pour Algorithm

Presently, scoring in the wine industry is based upon "expert" taste preferences and, unfortunately, can also be based on behind-the-scenes payments for good reviews. The Healthiest Pour algorithm is vastly different, scoring wines according

Poer

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with them are available, people might not be inclined to seek them out. When you're stocking up choose Tannat (from France and Uruguay), Sagrantino (Italy), Nebbiolo Just like us humans, vines are in their prime at a certain age. Young vine (0-20 years) have not established their roots substantially, nor can they synthesize polyphenols as well as vines between 20-60 years of age - this is their prime. After 60, grapes begin to enter

winemakers may choose to also ferment with stems or even seeds to increase phenolics, although the latter contribute compounds perceived as very bitter. Fining / Filtration Practices You can create high polyphenol wines but if you fine and filter them after maceration you

- Seek out wines that are from organically or biodynamically managed vineyards. Look for native yeasts. Don't subscribe to the "zero sulfite wines" marketing. All grapes taken from the vineyard have naturally occuring sulfites on them and that gets passed into the wine. Choose wines from traditional winemakers who do not take shortcuts and have integrity in their winemaking. Bulk production wines often use color and flavoring additives to achieve consistency vintage after vintage.

Other Factors

- SELECTION METHODOLOGY
 - Maceration Age of Vines Length

Healthiest Poor

Grape

Variety(ies)

Fining &

Filtration

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Oak Aging Other **Factors** **Scoring Explained:**

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