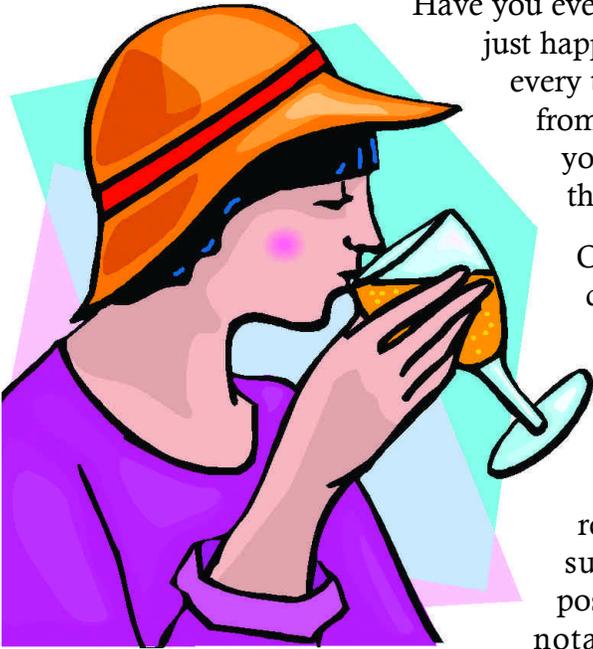


WINE REACTIONS GUIDE



Have you ever wondered if you have a wine sensitivity, or if your hay fever just happens to flare up when you have a glass? Or do you sneeze every time you have a sip? Why is it that you get a worse hangover from a \$6 bottle of wine than a \$26 bottle? Even if you suspect you don't adversely react to wine at all, you are likely to find this guide enlightening and fun.

Over the past eight years, our informal observations and discussions with customers have led us to suspect that sulfites are the most common allergen in wine, causing anywhere from a mild "hangover" effect to a spectrum of more acute reactions. Studies claim that about 8% of the population is affected by sulfites in wine, but we suspect that the percentage is actually significantly higher, and that these reactions vary widely in intensity. Secondly, we have reason to suspect that some byproduct of malolactic fermentation, possibly the lactic acid itself, causes adverse reactions in a notable segment of the population. (We have a handful of

customers who react slightly to our partial-ML wines but not our non-ML wines.) There is a sizeable list of other compounds that could potentially cause adverse reactions, but these are too varied for us to currently track, and to pinpoint a compound is beyond the scope of this exercise.

To find out if you have a wine sensitivity, or to try to narrow a reaction down to a type of wine or a component in wine, we recommend going through the steps outlined below the next several times you open a bottle.

Our **Wine Reactions Questionnaire** will guide you through some observations of your systemic response to different wines. Make copies of this document. Depending on your level of interest in the topic, we encourage you to set aside several evenings in close proximity to document your reactions (or lack of) to several different wines from your cellar, preferably drawing from these categories:

1. A Cantiga non-malolactic white
2. A Cantiga non-malolactic red
3. A Cantiga partially- or fully-malolactic red
4. A non-Cantiga white
5. A non-Cantiga red

Please note the price points of the wines you try. There is often a big difference in winemaking approach to a \$6 bottle and a \$26 bottle. Going through these steps with multiple price points, however, will also give you a lot of valuable information.

An "Observation Period" for our purposes is typically an evening through the following morning when one wine is being consumed and symptoms observed.

Here are some pointers to get the most out of your test:

- a) Consume only one type of wine during any given Observation Period, so that any symptoms can be attributed to that particular wine.
- b) Please note any starting symptoms you are experiencing (such as those related to hay fever, a cold or indigestion).

- c) If consuming wine with food, please select foods that do not contain allergens known to affect you.
- d) If consuming wine with food, please enjoy your first glass at least one hour before the food is served, and record initial symptoms on the Wine Reactions Questionnaire before eating.
- e) Just before bed, record any additional symptoms or changes in intensity of symptoms in the next section of the Wine Reactions Questionnaire.
- f) The following morning, complete the Wine Reactions Questionnaire.

We would be more than happy to help you analyze your findings, or help you find answers to any questions about wine sensitivities that you may have. You may contact us at (530) 621-1696 or info@cantigawine.com.

Here are a few hints on how to interpret your own findings:

- 1. If you observe a reaction to malolactic reds (virtually all commercial reds except Cantiga's are in this category) but not non-malolactic (Cantiga) reds, the cause would most likely be either sulfites or malolactic.
- 2. If you observe a reaction to Cantiga partially- or fully-malolactic reds but not Cantiga non-malolactic reds, a bi-product of malolactic fermentation is most likely the culprit.
- 3. If you observe a reaction to budget wines but not premium wines, the most likely culprit is sulfites, but the sky is the limit on whatever chemicals or additives you might be reacting to.
- 4. If you observe a reaction to all reds but not whites, you are likely reacting to tannins or some other natural component present in the grape skins during fermentation.
- 5. If you observe a reaction to non-Cantiga whites but not reds, it is most likely the sulfites. However, if you also react to Cantiga whites, please contact us and we will try to dig further.
- 6. If you react to very young wines but not aged wines, we could be looking at either a sulfite sensitivity (sulfites deplete over time), or else a sensitivity to a grape component such as tannins (which also break down over time).
- 7. If you react to sweet wines but not dry wines, you might want to explore whether you have a sugar sensitivity. Try observing your reactions to desserts. Do you experience similar symptoms?
- 8. If you observe a reaction to all wines, Cantiga or non-Cantiga, you are likely having an allergic reaction to either alcohol or histamines in the grapes. Our hearts go out to you!
- 9. If you observe no allergic reaction whatsoever to any wines...lucky you!



NOTE: Cantiga Wineworks does not claim any medical expertise. If you have serious wine sensitivities, please consult a doctor before attempting this sort of exploration.

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