

FitVine Wine Sauvignon Blanc Review

Description

I first learned about FitVine Wine from the [Ben Greenfield Fitness podcast](#) that I subscribe to. I'm a fan of Ben Greenfield and enjoy the vast topics on fitness and nutrition that he shares, so when he featured FitVine Wine as the wine he endorses, I *had* to try it for myself. Plus, as the name, it's made by active and healthy people for active and healthy people who love a good wine.

After reaching out to FitVine about a possible review opportunity, they graciously agreed to send one of each of their wines for me to review. I was ecstatic and couldn't wait to get started trying their superior craft wines.



Let me get it out now that I am no wine connoisseur, far from, but just like food, I demand quality from anything I put in my body. Yes, even alcohol. I used to be a beer fan, but now stick to straight spirits or wine. With clear spirits like vodka and red wine being my favorites.

That said, I am a light drinker, and only have a glass or two on the weekends. It doesn't take much for me to feel the effects of alcohol, but that's fine with me, I like to enjoy the beverages I have, not pound them down just to get *crunk*. If you demand quality from your drinks, FitVine has just what you're looking for.

Their goal was to produce a quality wine with less residual sugar, meaning lower carbohydrates and calories, higher in antioxidants, and less sulfites. With their intricate, multi-step process, they succeeded in creating wines with full flavor that's higher in beneficial compounds like resveratrol, polyphenols, proanthocyanidins.

Here's a paragraph from their site that explains their process.

All of our wines go through malolactic, secondary fermentation to lower pH levels to ensure the cleanest, best tasting wine. All our wines are cold stabilized and chilled to drop out impurities prior to filtration. We filter with both diatomaceous earth and micron pads. Our fermentation process is extended to 10-15 days to enhance the antioxidants and optimize the pH levels. With pH levels being at optimum levels, we do not have to add sugars, additives and or unnecessary amounts of sulfites. Many wines have sulfite levels of 50ppm (parts per million), where FitVine Wines are at 35ppm – that’s almost half the sulfites of typical wines! No GMOs here and all of our grapes are pesticide free!

That’s a lot of science! What does it all mean? We spent extra time and effort to create healthier, cleaner wines so you know what you’re putting into your body. This is the way wine is meant to be made, not with all the additives, sugars and impurities that wreck havoc on our bodies. #cleandrinking

They basically follow four ways to make a healthier and tastier wine. Here’s a handy infographic I found from [Ben Greenfield’s site](#).

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So, their wine is much healthier, and leaves no concern about high levels of arsenic. Which is unlike [many winemakers that had a class action lawsuit filed for the arsenic levels in their wine](#). Very concerning, by the way, so make sure you choose your wine wisely.

As I mentioned, I don't drink often, so I'll share my thoughts on their [Sauvignon Blanc](#) first. This was the one Going Mom and I opened over the weekend to enjoy together.



I can't wax poetic about how the wine leaves a dry but fruity taste on the palate with the perfect balance of tannins. Did I even use these tasting notes in the right way?

But, both my wife and I thoroughly enjoyed this white. It was in fact dry, but not overly so. I would compare it to a good brut champagne minus the bubbles. My wife and I both prefer reds, so we were pleasantly surprised to find how much we enjoyed drinking this white.

Since it wasn't sweet like other white wines, that helped, but it was fit perfectly with the warm Texas weather. The aroma left a fresh hint of citrus and made for an easy drink with a crisp finish. I had more wine than I usually do and never felt ill effects from alcohol. It was hard to keep from drinking more as it truly is an easy-to-drink wine that will sneak up on you. Bring this along on your next picnic or other nice weather outing for a perfect pairing to enjoy with chicken salad or a simple cheese and cracker tray.

I think we'll try the Cabernet next, and I'll be sure to share our thoughts soon after. In the meantime, check out FitVine for yourself and be sure to connect with them on [Twitter](#), [Facebook](#), and [Instagram](#).

FitVine Wine sent me their wine free of charge in exchange for my honest review. I was not compensated in any other way.

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