

# Men's Health

STRONGER, FASTER, BETTER

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## MH LIFE

Forget craft bourbon and small-batch scotch: Irish whiskey is the fastest-growing whiskey in the world. CAREY JONES selects the best from old and new distillers to come up with your ultimate Saint Patrick's Day shot list, drinks that say...



**TULLAMORE DEW XO RUM CASK FINISH**  
(\$26; 43% ABV)

The two-booze combo allows vanilla and nutmeg from Demerara rum casks to augment Tully's buttery-citrusy notes. Try it in an old-fashioned.

**Three-word review:**  
Warm and mellow.



**JAMESON CASKMATES IPA EDITION**  
(\$30; 40% ABV)

Jameson is the pale ale of whiskeys—easy-drinking and laid-back—and takes on a bright, grassy flavor after finishing in IPA barrels. Enjoy with Irish cheddar.

**Three-word review:**  
Odd but delicious.



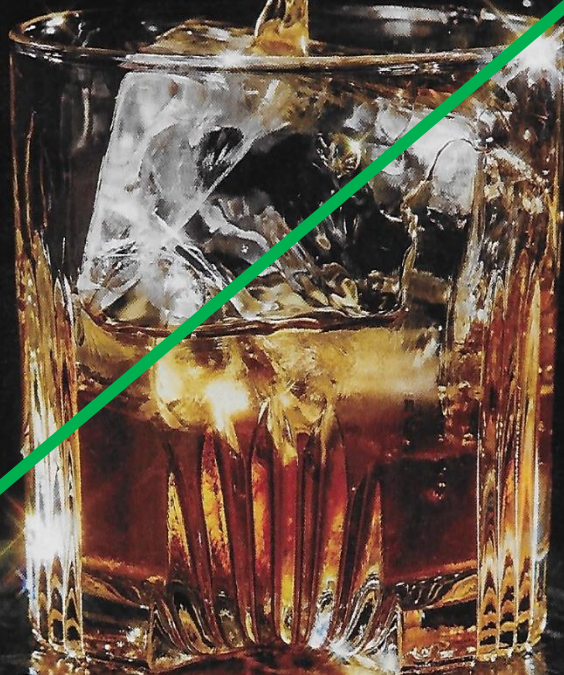
**KILBEGGAN SMALL BATCH RYE**  
(\$35; 43% ABV)

At 30 percent rye, this release starts out even and light and then builds to a spicy-dry finish. Try it in a Manhattan or on the rocks.

**Three-word review:**  
Sneaky, sneaky, sneaky.

## Kiss Me, I'm the Next

## Irish Whiskey



**REDBREAST LUSTAU EDITION**  
(\$69; 46% ABV)

This release takes the complex and potent spirit and ages it for one additional year in oloroso sherry butts. Sip slowly and savor.

**Three-word review:**  
Luscious—no, decadent.



**KNAPPOGUE CASTLE MARCHESI DI BAROLO CASK**  
(\$80; 46% ABV)

This whiskey ages in barrels from an Italian winery and emerges drunk on cherries, berries, and oak—all that makes wine great, in whiskey form.

**Three-word review:**  
Oh, you fancy.



**TYRCONNELL 16 YEAR OLD OLOROSO & MOSCATEL CASK FINISH**  
(\$100; 46% ABV)

There's a rich, caramel sweetness underlying this double-aged whiskey. Meet your dinner-party dessert drink.

**Three-word review:**  
Wonderfully, gorgeously complex.



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## The FAT FIGHTING FAST

## 7-DAY HEART HEALTH