- 8 oz tart cherry juice daily for 4 weeks has been shown to reduce blood sugars, blood pressure, muscle soreness, inflammation and gout
- and melatonin which may help you sleep
- Good source of vitamin K, folate and potassium, which lowers blood
- pressure and supports heart health
- Contain phytosterols, known to help lower cholesterol and triglycerides,

Excellent source of antioxidants vitamin C, vitamin A (beta-carotene),

polyphenols and anthocyanins to protect against aging and disease

cherries are bright red and used for cooking.



herries Sweet cherries are dark red or purple. Tart

Health Benefits of Cherries:

1 cup raw, pitted sweet cherries provides:

Potential benefits of consuming cherries:

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Sweet cherries are dark red or purple. Tart

Both contain similar healthful compounds cherries are bright red and used for cooking

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- 1 cup raw, pitted sweet cherries provides:
- 87 Calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol
- Potential benefits of consuming cherries:
- prophenols and anthocyanins to protect against aging and disease Excellent source of antioxidants vitamin C, vitamin A (beta-carotene),
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- qool not died yem doidw ninotelom bue Contain phytosterols, known to help lower cholesterol and triglycerides,
- sugars, blood pressure, muscle soreness, inflammation and gout 8 oz tart cherry juice daily for 4 weeks has been shown to reduce blood
- tnemegenem thgiew ni bie ot szenllut to zgnileet htiw Contain fiber which feeds a healthy microbiome and helps



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