

TART CHERRY JUICE

FACTSHEET

Scientific Name: Prunus cerasus

Common Names: Tart cherry juice, sour cherry juice, Montmorency cherry juice

Description:

- Tart cherry juice is made from sour cherries, particularly the Montmorency variety, which is known for its bright red color and sour flavor.
- It has become popular among athletes due to its rich antioxidant content, particularly anthocyanins, and its potential to aid recovery, reduce muscle soreness, and improve overall athletic performance.

Nutritional Profile:

- **Antioxidants:** Tart cherries are packed with anthocyanins, flavonoids, and polyphenols, which have potent antioxidant and anti-inflammatory properties.
- **Vitamins:** Rich in vitamins A, C, and K.
- **Minerals:** Contains potassium, magnesium, calcium, and iron.
- **Melatonin:** Tart cherries are a natural source of melatonin, a hormone that regulates sleep-wake cycles.
- **Fiber:** Whole tart cherries are high in dietary fiber, though juice typically contains less fiber.
- **Carbohydrates:** Tart cherry juice provides natural sugars (glucose and fructose), which can be a quick source of energy for athletes.



CHERRY JUICE

Cherry juice may help recovery post-exercise. It is naturally high in potassium. This preservative-free juice has anti-inflammatory properties and promotes more restful sleep.

NUTRITIONAL INFORMATION

INGREDIENTS: Pure tart cherry concentrate. Mix 30ml in 200ml water or add to fruit juice, smoothies or yoghurt.

BENEFITS: May promote quick muscle recovery, use as post-exercise drink. Natural anti-inflammatory properties aids in relief from Arthritis and Gout. Anti-cancer properties. May help regulate blood sugar. Rich in melatonin - naturally helping you sleep better.

STORAGE: Keep frozen, refrigerate when opened.

WARNINGS: Keep out of the reach of children.

ALLERGY INFORMATION: This product does not contain any known allergens. Product suitable for vegetarians. No added sugar, sweeteners, preservatives or colourants.

Suggested Serving	30ml
Energy	429kJ
Fat	0g
Carbohydrates of which sugars	24.5g / 17.0g
Fibre	2.6g
Protein	1.3g
Salt	0.0g

500ml

SPORTS NUTRITION



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Key Benefits for Sports Performance:

1. Reduced Muscle Soreness and Damage

- **Anti-Inflammatory Properties:** Tart cherry juice is rich in anthocyanins and flavonoids, which have been shown to reduce inflammation and oxidative stress in muscles after exercise. This can alleviate post-exercise muscle soreness and damage.
- **Faster Recovery:** Athletes who consume tart cherry juice report reduced muscle soreness and faster recovery times after strenuous activities, particularly after long-distance running, strength training, and high-intensity interval training (HIIT).

2. Enhanced Muscle Recovery

- **Reduced Exercise-Induced Muscle Damage (EIMD):** Tart cherry juice helps minimize the damage caused by intense exercise, reducing creatine kinase (CK) levels, a marker of muscle damage.
- **Quicker Strength Recovery:** Athletes consuming tart cherry juice experience faster restoration of muscle strength following workouts, meaning they can resume training sooner with less risk of injury or fatigue.

3. Anti-Oxidative Stress

- **Oxidative Stress Reduction:** Intense exercise increases the production of free radicals, which can lead to oxidative stress and muscle damage. The antioxidants in tart cherry juice neutralize these free radicals, protecting muscles from damage and supporting overall recovery.
- **Reduced Inflammation:** By inhibiting pro-inflammatory pathways, tart cherry juice helps reduce inflammation in the muscles, which is a key factor in recovery after exercise.



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Suggested Serving	100ml
Energy	per 100ml
Fat	0.20g
Carbohydrates	26.5g
of which sugars	17.0g
Fibre	2.2g
Protein	1.1g
Salt	0.0g

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4. Improved Sleep Quality

- **Natural Source of Melatonin:** Tart cherry juice contains melatonin, which may help improve sleep quality. Restful sleep is critical for muscle recovery and overall athletic performance.
- **Enhanced Sleep-Wake Cycle:** Athletes who consume tart cherry juice may experience improvements in sleep duration and quality, leading to better recovery and readiness for subsequent training sessions.

5. Improved Endurance Performance

- **Increased Endurance:** The anti-inflammatory and antioxidant properties of tart cherry juice can improve overall endurance by reducing fatigue and oxidative stress during prolonged exercise.
- **Energy Source:** Tart cherry juice contains natural sugars, which can provide a quick source of carbohydrates for energy, supporting athletes during long-distance events like running, cycling, and swimming.
- **Reduced Perception of Effort:** Some studies suggest that athletes consuming tart cherry juice report a lower perceived exertion during exercise, allowing them to push harder without feeling as fatigued.

6. Anti-Inflammatory Benefits for Joints

- **Joint Health:** Tart cherry juice's anti-inflammatory properties may benefit joint health, helping reduce pain and stiffness in athletes who engage in repetitive or high-impact activities, such as runners or weightlifters.
- **Reduced Symptoms of Arthritis:** Tart cherry juice may also alleviate symptoms of osteoarthritis and other joint conditions, further benefiting athletes with joint issues.



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Research Findings on Tart Cherry Juice and Sports Performance:

- **Endurance Athletes:** Research shows that tart cherry juice can significantly reduce muscle soreness and aid in recovery in endurance athletes, such as marathon runners and cyclists. Studies suggest that athletes experience less muscle pain and better performance in subsequent training sessions.
- **Strength Athletes:** Strength training studies indicate that tart cherry juice can reduce muscle soreness, strength loss, and markers of muscle damage after weightlifting and resistance exercises.
- **Recovery from HIIT:** Athletes engaging in high-intensity interval training have reported quicker recovery and less soreness when supplementing with tart cherry juice, allowing them to maintain high performance across multiple sessions.

How to Use Tart Cherry Juice for Sports Performance:

Dosage:

- **For Recovery:** Studies typically recommend 8-12 ounces (240-355 mL) of tart cherry juice twice a day, for 7 days leading up to and after strenuous exercise for optimal recovery benefits.
- **For Sleep:** For sleep improvements, 1-2 servings (about 8 ounces) of tart cherry juice 1-2 hours before bedtime may help promote better sleep quality.

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Timing:

- **Pre-Exercise:** Consuming tart cherry juice in the days leading up to a race or intense workout can help minimize muscle damage and soreness.
- **Post-Exercise:** Tart cherry juice should be consumed immediately after exercise to aid in muscle recovery and reduce soreness.
- **Consistent Use:** For athletes seeking long-term recovery benefits, daily supplementation with tart cherry juice may provide cumulative effects, especially when training or competing frequently.

Side Effects:

- **Mild Gastrointestinal Issues:** Some individuals may experience mild digestive discomfort, such as bloating or diarrhea, especially if consuming large amounts of tart cherry juice.
- **Calories and Sugar Content:** Tart cherry juice contains natural sugars and calories, so athletes should be mindful of overconsumption, particularly if they are managing calorie or sugar intake.
- **Allergic Reactions:** Rarely, some individuals may experience an allergic reaction to cherries, so caution should be exercised when trying tart cherry juice for the first time.



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