



Cherries
Not just another berry.

MELATONIN: A POWERFUL ANTIOXIDANT

Melatonin is a powerful antioxidant produced naturally by the body in small amounts that helps improve the body's circadian rhythms and natural sleep patterns. What's more, emerging science reveals melatonin could even delay the effects of aging.

Tart cherries are one of the few known food sources of melatonin. While there's no definitive guideline on how many cherries it takes to reap the benefits of melatonin, research indicates that a handful of cherries contain more melatonin than what is normally found in the blood.

Following are some more facts about melatonin and easy ways to obtain more through foods like cherries.

- Melatonin has a few nicknames including “the hormone of darkness” and the “all-natural nightcap” because of how it works. The secretion of melatonin is inhibited by light and permitted by darkness — peaking in the middle of the night and gradually receding during the second half of the night which helps regulate the body's sleep-wake cycles.
- In addition to improving the body's circadian rhythms, studies also link melatonin to easing the symptoms of jet lag, insomnia in aging adults, and could even improve the effectiveness and reduce the side effects of chemotherapy drugs in patients with certain cancers — including breast, prostate, liver and brain cancers — via melatonin's immune-enhancing, anti-inflammatory effects.¹
- Recent research suggests that melatonin may even play a key role in delaying the aging process. A 2007 study conducted at the University of Granada in Spain found that melatonin neutralizes the oxidative and inflammation process caused by aging.² Based on the findings of this study, researchers propose that daily melatonin intake in humans from the age of 30 or 40 could potentially help delay illnesses related to aging.
- Each gram of tart cherries contain up to 13.5 nanograms (ng) of melatonin, more than is naturally produced by the body. Available year-round in dried, frozen and juice forms, consuming just a serving or two of cherries each day is an easy way to obtain the benefits of melatonin. Other food sources that supply melatonin, in considerably smaller amounts, include bananas, corn, oats and rice.

Visit www.choosecherries.com for more information on melatonin and cherries.

¹Lamson, DW and Brignall, MS Antioxidants in cancer therapy; their actions and interactions with oncologic therapies. *Altern.Med Rev.* 1999;4:304-329.

²Rodriguez M, Carretero M, Escarnes G, Lopez LC, Maldonado MD, Tan DX, Reiter RJ, Acuna-Castroviejo, M. Chronic melatonin treatment prevents age-dependent cardiac mitochondrial dysfunction in senescence-accelerated mice. *Free Radical Research.* 2007;41:15-24.