



Cherries
Not just another berry.

Antioxidant “Super Fruits”

Cherries are emerging as one of today’s hottest “Super Fruits”. Most commonly enjoyed as dried, frozen and juice, cherries are available all year and contain a combination of potent antioxidants.

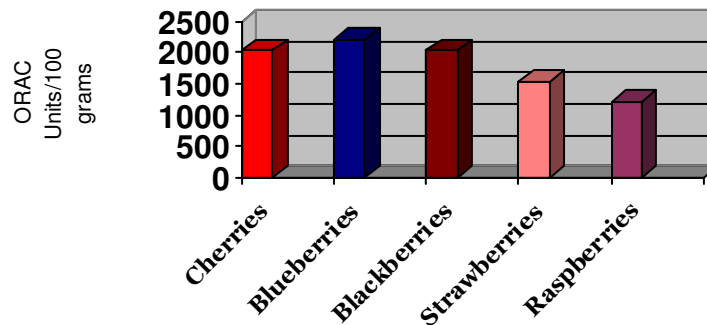
What are antioxidants?

Antioxidants are natural plant compounds that help protect the body from the harmful damage of everyday pollutants and environmental damage. Thousands of studies show that maintaining a high antioxidant defense system may help lower a person’s risk for disease.

The Antioxidant Match-Up

Studies show tart cherries contain similar or higher amounts of antioxidants compared to certain berries.

Antioxidant Capacity of Cherries and Other Fruit*



* Data from USDA Human Nutrition Research Center on Aging at Tufts University and Brunswick Laboratory, Wareham, Mass.

The ORAC (Oxygen Radical Absorbance Capacity) analysis is a standard measure that quantifies the “power” of antioxidants in foods – and cherries are full of powerful antioxidants!

Unique Antioxidant Power of Cherries

Cherries contain antioxidants, which have been linked to a variety of health benefits, such as potential protection against heart disease and some cancers. Cherries also are one of the few known food sources of melatonin, a potent antioxidant that helps improve the body’s circadian rhythms and natural sleep patterns.

Form	ORAC units per 100 grams
Frozen cherries	2,033
Dried cherries	6,800
Cherry juice	12,800

Visit www.choosecherries.com for more information on the health benefits of cherries.