



TRAIN WITH  
ABANDON.

RECOVER WITH RED

**Fuel your muscle recovery with the power of TART CHERRIES.**

Studies have shown that Montmorency tart cherry juice may help reduce strength loss and aid recovery after extensive exercise. So join other athletes and make tart cherries a part of your training regimen so you can get more out of your workout tomorrow.

Look for tart cherry juice and dried tart cherry products at your local grocery store.  
LEARN MORE AT [CHOOSECHERRIES.COM](http://CHOOSECHERRIES.COM)