A cherry isn’t just a cherry. When it comes to tart cherries, the Montmorency varietal is the cherry with more. There are more than 60 studies exploring the potential benefits of North-American grown Montmorency tart cherries.

**EXERCISE RECOVERY**
Montmorency tart cherry juice is growing among athletes as a natural food to aid exercise recovery. Research has shown tart cherry juice may help:
- Ease muscle pain associated with exercise
- Accelerate recovery of muscle strength

**SLEEP**
Americans spend more than $84 million on over-the-counter sleep aids each year, leaving many searching for cost-effective, natural ways to help promote better sleep. Montmorency tart cherries are one of the few natural food sources of melatonin, a natural hormone that helps regulate sleep cycles.

**INFLAMMATION**
Montmorency tart cherries may help reduce inflammation related to arthritis and gout. Research has revealed that tart cherry juice can:
- Reduce inflammation associated with osteoarthritis
- Lower risk of gout attack
- Reduce uric acid levels

**HEART HEALTH**
Montmorency tart cherries may provide a number of cardiovascular benefits. Research shows Montmorency tart cherries may help:
- Lower blood pressure
- Reduce risk of stroke
- Lower triglycerides
- Decrease cholesterol levels

**WHY MONTMORENCY MATTERS**
Montmorency is the name of the most commonly-grown type of tart cherry in the U.S. Montmorency is influenced in part by our more adventurous approach to global cuisines, flavor preferences have shifted from sweet to sour. The result has been growing popularity of Greek yogurt, kimchi, varietal vinegars, sour beer, pickling and fermentation. Tart cherries have a unique sour-sweet taste that meets the growing demand for sour flavors, offering a flavorful complement to a variety of dishes.
FROZEN TART CHERRIES
Nutrition Facts
Serving Size: 8 cup (140g)
Amount Per Serving
Calories: 140
Cal from Fat: 5
Total Fat: 3g 11%
Saturated Fat: 0g 0%
Trans Fat: 0g 0%
Cholesterol: 0mg 0%
Sodium: 45mg 2%
Total Carbohydrates: 23g 8%
Dietary Fiber: 0g 0%
Sugars: 41g 0%
Protein: 2g 16%
Vitamin A: 2%  •  Vitamin C: 0%  •  Calcium: 2%  •  Iron: 4%

DRIED TART CHERRIES
Nutrition Facts
Serving Size: 1/2 cup (60g)
Amount Per Serving
Calories: 100
Cal from Fat: 0
Total Fat: 0g 0%
Saturated Fat: 0g 0%
Trans Fat: 0g 0%
Cholesterol: 0mg 0%
Sodium: 0mg 0%
Total Carbohydrates: 15g 5%
Dietary Fiber: 2g 8%
Sugars: 4g 1%
Protein: 1g 2%
Vitamin A: 25%  •  Vitamin C: 0%  •  Calcium: 0%  •  Iron: 4%

TART CHERRY JUICE
Concentrate
Nutrition Facts
Serving Size: 2 tablespoons (40g)
Amount Per Serving
Calories: 120
Cal from Fat: 0
Total Fat: 0g 0%
Saturated Fat: 0g 0%
Trans Fat: 0g 0%
Cholesterol: 0mg 0%
Sodium: 0mg 0%
Total Carbohydrates: 22g 8%
Dietary Fiber: 2g 8%
Sugars: 41g 0%
Protein: 0g 0%
Vitamin A: 0%  •  Vitamin C: 0%  •  Calcium: 0%  •  Iron: 0%