Benefits of drinking Tart Cherry Juice

Helps post-workout recovery
Protects against muscle damage
Richest anti-inflammatory content of any food
Fights inflammation and arthritis pain
Boosts immunity
Regulates metabolism and fights fat
Fights insomnia
Promotes healthy blood pressure
Rich in nutrients.*

Mix it up!
4 J's And A Cherry
Cherry juice, cranberry juice, orange juice, pineapple juice
Cherry Bing
Cherry juice, orange juice, water, sparkling cherry spritzer, honey, lime juice, mint leaves
Cherry Shirley Temple
Splash cherry juice, lemon-lime soda, maraschino cherry on top

*An 8-ounce serving of cherry juice contains 119 calories, 28g carbs, 5g fiber, 2g protein, 1g fat, vitamin A: 62%, vitamin C: 40%, manganese: 14%, potassium: 12%, copper: 12%, vitamin K: 7%