

Take a green step... 

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Happy Valentines Day



anti-inflammatory

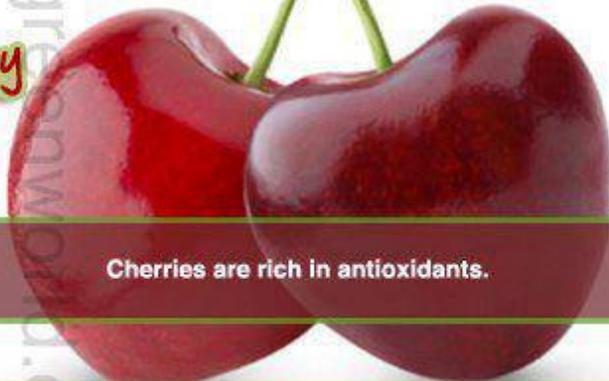


antioxidant rich



exercise recovery

Cherries



Did you know?
Darker cherries have higher antioxidant and vitamin levels than lighter ones.

Provide...

fiber
protein
vitamin C
vitamin A
choline
potassium
phosphorus
calcium
magnesium
beta-carotene
lutein

Cherries are rich in antioxidants.

Cherries contain vital antioxidants called anthocyanins which give cherries its red color. The antioxidants in cherries protect from oxidative stress which is caused by dangerous free radicals. These free radicals damage healthy cells, and can eventually lead to heart damage or cancer.

More benefits

Cherries are known to help relieve arthritis by reducing the levels of plasma urate. Cherries also have anti-inflammatory properties which make them great for exercise recovery.

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