

# 4 GREAT reasons to eat cherries



## Cherries contain antioxidants

Antioxidants found in cherries may help to reduce the risk of cancer and heart disease



## Good source of potassium

Cherries are a good source of potassium. Increasing evidence shows that a diet rich in potassium may help to control blood pressure and reduce the risk for hypertension and stroke

## Promoting overall healthy sleep patterns



Cherries are a source of melatonin. Melatonin is an effective means for reducing jet lag and promoting overall healthy sleep patterns

## Eating sweet cherries can have a beneficial effect



Beneficial effect on inflammation, arthritis, blood pressure, cancer, cardiovascular disease, diabetes, cognitive function, sleep and stress

“Results after consumption of Bing cherries are consistent with those reported with tart cherry juice in marathon runners.”

