

# GO WITH THE FLOW

Cherries support brain health with antioxidants that improve blood flow, reduce inflammation, and help protect cognitive function—supporting clearer thinking, memory, and long-term brain health.

 **HEALTHY BY NATURE.  
POWERED BY CHERRIES.**



# HOW SWEET CHERRIES SUPPORT BRAIN HEALTH

Sweet dark cherries support brain health and focus through a combination of circulation, inflammation control, and cellular protection. Their deep red color comes from anthocyanins, powerful antioxidants that help improve blood flow to the brain by supporting healthy blood vessel function. Better circulation means more oxygen and nutrients delivered to areas responsible for attention, processing speed, and memory. At the same time, cherry polyphenols help calm low-grade inflammation and oxidative stress in brain tissue—two factors linked to brain fog, mental fatigue, and cognitive aging. Together, these effects support clearer thinking, steadier focus, and long-term brain resilience in a gentle, food-based way.



## Improved Brain Blood Flow

- Rich in anthocyanins that support nitric oxide production
- Helps blood vessels relax and widen
- Improves delivery of oxygen and nutrients to focus-related brain areas

## Reduced Neuroinflammation

- Polyphenols help lower inflammatory signaling in the brain
- Supports clearer thinking and less mental fatigue
- Helps protect against age-related cognitive decline

## Protection from Oxidative Stress

- Antioxidants neutralize free radicals that can damage neurons
- Supports long-term brain cell health
- Helps maintain cognitive performance over time

## More Stable Mental Energy

- Low glycemic impact supports steadier glucose delivery to the brain
- Fewer energy crashes = better sustained focus

## Sleep-Linked Cognitive Support

- Natural melatonin may support better sleep quality
- Better sleep improves memory consolidation, attention, and reaction time

## What This Means for Focus

- Supports sustained attention (not stimulant-style alertness)
- Helps reduce “brain fog” linked to inflammation or poor circulation
- Contributes to steady, clear mental performance throughout the day

## BEST PRACTICES FOR BRAIN BENEFITS

**Portion:** ½-1 cup fresh or frozen

**Timing:** Morning or midday for focus and blood flow; Evening for sleep-linked cognitive benefits

**Pair with:** Protein or fat for more stable glucose; Omega-3s for synergistic brain support

### BOTTOM LINE

Cherries are a brain-supportive food, particularly for:

- Memory
- Attention and focus
- Cognitive aging
- Sleep-dependent mental performance

## START SMART

Begin the morning with a boost for your brain! This easy **DRIED CHERRY OVERNIGHT OATS** recipe will give you the right antioxidants and polyphenols to fuel your focus!

### Ingredients

- 2 cups rolled oats
- 4 tbsp chia seeds
- 1 1/2 cups milk
- 2 tsp pure almond extract
- 4 tbsp pure maple syrup
- 1/2 cup dried cherries, roughly chopped

### Instructions

In a mixing bowl, combine all ingredients. Using a 1/4 measuring cup, divide the oats mixture amongst 4 small jars, adding a layer of dried cherries in between scoops. Top with remaining dried cherries. Seal and let the oats sit in the fridge at least 6 hours before serving.



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