



TAKE A BEAT

Cherries support heart health with antioxidants and potassium that help reduce inflammation, support healthy blood flow, and protect against oxidative stress—making them a simple, heart-smart addition to everyday eating.

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

HOW SWEET CHERRIES SUPPORT HEART HEALTH

Sweet dark cherries support heart health through a powerful combination of antioxidants, anti-inflammatory compounds, and key nutrients that help blood vessels function efficiently and protect the cardiovascular system. Their natural plant compounds promote healthy circulation, help reduce inflammation and oxidative stress, and support balanced blood pressure.



Improved Blood Vessel Function

Anthocyanins in cherries:

- Increase nitric oxide availability
- Improve endothelial function
- Help blood vessels relax and widen

Better vessel function = healthier circulation and blood pressure support.

Reduced Vascular Inflammation

Cherries reduce inflammatory signaling linked to cardiovascular disease

Heart impact:

- Less stress on artery walls
- Lower risk of plaque development
- Better long-term vascular resilience

This becomes especially important with age as background inflammation rises.

Antioxidant Protection for Arteries

Cherries are rich in Anthocyanins, Quercetin and Vitamin C

Benefits:

- Help prevent oxidation of LDL cholesterol
- Protect artery walls from oxidative damage
- Slow processes involved in atherosclerosis

Support for Healthy Blood Pressure

Cherries provide potassium and polyphenols that:

- Help balance sodium levels
- Support normal vascular tone
- Contribute to healthy blood pressure regulation

Improved Cholesterol & Metabolic Markers

Studies suggest cherry polyphenols may:

- Support healthier lipid metabolism
- Reduce risk factors associated with metabolic syndrome
- Improve insulin sensitivity, which is closely tied to heart health

Sleep-Mediated Cardiovascular Benefits

Sweet cherries contain natural melatonin.

Indirect heart effects:

- Better sleep helps regulate blood pressure
- Improves overnight vascular recovery
- Lowers stress hormones that strain the heart

This recovery pathway is often overlooked but important.

Exercise Recovery & Circulation

By reducing inflammation and oxidative stress, cherries may:

- Improve post-exercise recovery
- Support better circulation during physical activity
- Enhance the cardiovascular benefits of regular movement

BEST PRACTICES FOR CARDIOVASCULAR BENEFITS

Portion: ½-1 cup fresh or frozen

Timing: With meals to support post-meal metabolic and vascular response; In the evening for sleep-related cardiovascular recovery

Pair with: Healthy fats to enhance polyphenol absorption; Leafy greens or omega-3 foods for synergistic heart support

BOTTOM LINE

Cherries are a heart-supportive food, particularly for:

- Circulation
- Blood vessel health
- Inflammation control
- Blood pressure and metabolic balance

WHAT THE RESEARCH SUGGESTS

SHORT TERM Improved markers of inflammation and vascular function within days to weeks

LONG TERM Better support for blood pressure, cholesterol balance, and artery health



Visit nwcherries.com/health for more sweet cherry health information and download the 2025 research whitepaper.