



Apothe-Cherry

What Is Apothe-Cherry?

Purium's Apothe-Cherry is a tart cherry extract that condenses the nutritional potency of approximately 30 sour/tart cherries into 1 oz. of concentrate.

What's In It?

Sour/tart cherry extract is the only ingredient.

Suggested Use

For maintenance, add ½ oz. (1 tbsp) to water or juice. For maximum effect, add 1 oz (2 tbsp) of concentrate to 8-10 oz. of water or juice.

Why Do We Make It?

From sleep aid to healthy joint function, tart cherries contain phytonutrients and antioxidants that offer health-promoting benefits to issues many people face daily:

- **Melatonin:** Your body produces this hormone, which signals the circadian rhythm to prepare for sleep. Tart cherries can help balance circadian rhythm due to this safe melatonin boost of tart cherries.
- **Ellagic Acid:** Research suggests that this antioxidant has the potential to inhibit the production of lipopolysaccharide in your body, which plays a role in acute inflammatory reactions.
- **Anthocyanin:** This is a flavonoid found in berries that has been shown to improve low-density lipoprotein oxidation, thus supporting cardiovascular health.

Consumption of tart cherry juice has also been connected to:

- Healthy uric acid metabolism
 - Joint health and recovery
 - Healthy response to inflammation
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Deeply pigmented fruits have many antioxidants and cherry is one of the highest sources of this antioxidant power. While cherries are seasonal, its nutrients are needed all year-round. Apothe-Cherry gives you easy access to tart cherry, even when it is not in season.

David Sandoval's Product Pairing

David recommends pairing Apothe-Cherry with:

- Daily Fiber Blend: Aids with melatonin production and is a low sugar and reduced calorie/carb option for diabetics. Apothe-Cherry mixes with soluble fibers making it a great delivery system, slowing the rate that sugar breaks down in the blood allowing for controlled release.
- Bio Fruit: Daily fruit serving with the Apothe-Cherry serving.
- 40x Aloe Vera Concentrate: Contains polysaccharides that help retain antioxidants and melatonin in the blood 3 times longer.

Allergens

This product is gluten-free and vegan.

Certifications

Apothe-Cherry is Non-GMO Project verified.

FDA Statement

These products and statements have not been evaluated by the Food and Drug Administration. This product and information are not intended to diagnose, mitigate, treat, cure, or prevent any disease.

Studies and support:

Howatson, G., Bell, P. G., Tallent, J., Middleton, B., McHugh, M. P., & Ellis, J. (2012). Effect of tart cherry juice (*Prunus cerasus*) on melatonin levels and enhanced sleep quality. *European journal of nutrition*, 51(8), 909-916.

BenSaad, L. A., Kim, K. H., Quah, C. C., Kim, W. R., & Shahimi, M. (2017). Anti-inflammatory potential of ellagic acid, gallic acid and punicalagin A&B isolated from *Punica granatum*. *BMC complementary and alternative medicine*, 17(1), 47.





Reis, J. F., Monteiro, V. V. S., de Souza Gomes, R., do Carmo, M. M., da Costa, G. V., Ribera, P. C., & Monteiro, M. C. (2016). Action mechanism and cardiovascular effect of anthocyanins: a systematic review of animal and human studies. *Journal of translational medicine*, *14*(1), 315.

Kuehl, K. S., Perrier, E. T., Elliot, D. L., & Chesnutt, J. C. (2010). Efficacy of tart cherry juice in reducing muscle pain during running: a randomized controlled trial. *Journal of the International Society of Sports Nutrition*, *7*, 17. doi:10.1186/1550-2783-7-17

