

BIOACTIVE PROPERTIES OF TART CHERRY

Athletes experience EIMD (exercise-induced muscle damage) from inflammation and increased oxidative stress—the cellular damage caused by free radicals produced by strenuous exercise. Anthocyanins are potent flavonoid antioxidants with anti-inflammatory effects that alleviate EIMD, which helps accelerate recovery.

Functional compounds found in the skin of **tart cherry** contain the phytochemical anthocyanin, an anti-inflammatory, and the same enzyme used in pain relievers (i.e., Ibuprofen). Anthocyanins combat the enzymes that cause inflammation from strenuous exercise. In fact, the anthocyanin antioxidant capability has demonstrated to be 100 times more powerful than glutathione alone (van Acker, Tromp, Haenen, van Der Vijgh, & Bast, 1995).

Glutathione is an antioxidant produced by the body and is possibly the most important antioxidant because it is found in every cell in the body. A diet rich in phytochemicals with both antioxidant and anti-inflammatory properties is ideal (G Howatson et al., 2010)—hence, the tart cherry.

Some athletes may drink tart cherry after exercise, yet the efficacy of tart cherry does *not* start post-exercise. Many studies report quicker muscle function recovery using tart cherry juice over several days leading up to athletic events.

Tart cherry is typically consumed in juice form. Though whole foods are preferred, you would need to consume 60-90 cherries to get the same benefit as 8-12 ounces of juice. The dehydrated juice of tart cherry (ie: Beet Boost) is a convenient and easy way to get a recommended twice-daily dose.

If you are looking for another superfood recovery boost, tart cherry powder is a great choice. Expect less muscle soreness, reduced oxidative stress, damage and inflammation, along with increased natural antioxidant activity, and boosted immune support.