A cherry isn’t just a cherry. When it comes to tart cherries, the Montmorency varietal is the cherry with more. There are more than 60 studies exploring the potential benefits of North-American grown Montmorency tart cherries.

**EXERCISE RECOVERY**

Montmorency tart cherry juice is growing among athletes as a natural food to aid exercise recovery. Research has shown tart cherry juice may help:

- Ease muscle pain associated with exercise
- Accelerate recovery of muscle strength

Influenced in part by our more adventurous approach to global cuisines, flavor preferences have shifted from sweet to sour. The result has been growing popularity of Greek yogurt, kimchi, varietal vinegars, sour beer, pickling and fermentation.

**SLEEP**

Americans spend more than $84 million on over-the-counter sleep aids each year, leaving many searching for cost-effective, natural ways to help promote better sleep. Montmorency tart cherries are one of the few natural food sources of melatonin, a natural hormone that helps regulate sleep cycles.

Research has shown that two glasses of tart cherry juice each day may help:

- Increase sleep time
- Increase sleep efficiency
- Reduce insomnia in older adults

**INFLAMMATION**

Montmorency tart cherries may help reduce inflammation related to arthritis and gout. Research has revealed that tart cherry juice can:

- Reduce inflammation associated with osteoarthritis
- Lower risk of gout attack
- Reduce uric acid levels

**HEART HEALTH**

Montmorency tart cherries may provide a number of cardiovascular benefits. Research shows Montmorency tart cherries may help:

- Lower blood pressure
- Reduce risk of stroke
- Lower triglycerides
- Decrease cholesterol levels

**WHY MONTMORENCY MATTERS**

**WHAT IS MONTMORENCY?**

Montmorency is the name of the most commonly-grown type of tart cherry in the U.S. Montmorency offers more.

**SUPPORTED BY SCIENCE**

**ANTHOCYANINS**

Anthocyanins are the key phytonutrient compounds in tart cherries, giving them their ruby-red color, distinguishing taste and potential health-promoting properties.

**EXERCISE RECOVERY**

Montmorency tart cherry juice is growing among athletes as a natural food to aid exercise recovery. Research has shown tart cherry juice may help:

- Ease muscle pain associated with exercise
- Accelerate recovery of muscle strength

Influenced in part by our more adventurous approach to global cuisines, flavor preferences have shifted from sweet to sour. The result has been growing popularity of Greek yogurt, kimchi, varietal vinegars, sour beer, pickling and fermentation.

**SLEEP**

Americans spend more than $84 million on over-the-counter sleep aids each year, leaving many searching for cost-effective, natural ways to help promote better sleep. Montmorency tart cherries are one of the few natural food sources of melatonin, a natural hormone that helps regulate sleep cycles.

Research has shown that two glasses of tart cherry juice each day may help:

- Increase sleep time
- Increase sleep efficiency
- Reduce insomnia in older adults

**INFLAMMATION**

Montmorency tart cherries may help reduce inflammation related to arthritis and gout. Research has revealed that tart cherry juice can:

- Reduce inflammation associated with osteoarthritis
- Lower risk of gout attack
- Reduce uric acid levels

**HEART HEALTH**

Montmorency tart cherries may provide a number of cardiovascular benefits. Research shows Montmorency tart cherries may help:

- Lower blood pressure
- Reduce risk of stroke
- Lower triglycerides
- Decrease cholesterol levels

**WHY MONTMORENCY MATTERS**

A cherry isn’t just a cherry. When it comes to tart cherries, the Montmorency varietal is the cherry with more. There are more than 60 studies exploring the potential benefits of North-American grown Montmorency tart cherries.
**FRUIT, AND IT STOPS PRODUCING WHEN IT'S ABOUT 35 YEARS OLD.**

It takes 6 to 8 pounds of fresh tart cherries to make 1 pound of dried tart cherries.

**TART CHERRY JUICE**

**FROZEN TART CHERRIES**

**DRIED TART CHERRIES**

**TART CHERRY JUICE CONCENTRATE**

**FAST FACTS NUTRITION FACTS FROM MONTMORENCY TART CHERRIES**

**FEBRUARY IS NATIONAL CHERRY MONTH**

**YOUR TOUR OF THE TART CHERRY**

**ABOUT MONTMORENCY, THE CHERRY WITH MORE, VISIT CHOOSECHERRIES.COM**

**TO LEARN MORE**