

NordicCherry®

Tart Cherry Extract

Improves the recovery of muscle strength and enhances exercise recovery*

Tart cherries are high in polyphenols and known to have multiple benefits to support a healthy lifestyle¹. Tart cherry consumption has been associated with reducing loss of strength, soreness and performance from repeated exercise.^{2,3}

Unique features of NordicCherry® extract

NordicCherry® tart cherry extract is one of the most bioactive, full-spectrum, whole fruit tart cherry extracts on the market. Tart cherries are naturally high in proanthocyanins, anthocyanins and phenolic acids with clinically supported benefits:¹⁻⁵

- Improves recovery of muscle strength
- Enhances exercise recovery
- Recover faster from your workout
- Reduces soreness after exercise
- Promotes joint health and mobility
- Provides powerful antioxidant support

Science-backed support

NordicCherry® tart cherry extract has been clinically shown to enhance exercise recovery through reduced soreness and improved muscle strength recovery.⁴ In a double-blind, placebo controlled, crossover study of 20 healthy resistance exercise trained individuals, researchers found that those taking a 500 mg supplement of NordicCherry® tart cherry had increased speed of recovery and strength from resistance exercise⁴. These benefits were shown through⁴:

- Reduced loss in grip strength
- Reduced muscle soreness following resistance training

An important implication of these findings is that subjects may return to resistance exercise stronger and sooner, thus reaching exercise/training goals more quickly.



Kosher



Halal



Vegan



Non-GMO

Product description

NordicCherry® tart cherry extract is made with whole fruit Prunus cerasus Stevnsbaer tart/sour cherries grown in Denmark. This cultivar is a small sized fruit with low water content and a rich source of polyphenols. NordicCherry® tart cherry extract is made using a gentle, clean, proprietary water extraction process that concentrates key polyphenol bioactives. The bioactives are protected in a plant-starch matrix, MatrixShield™ technology.

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



Non-GMO project verified options available

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Product features

- 500 mg low daily dose
- Broad spectrum bioactive profile
- Clean, water extraction process, no harsh solvents used
- Traceable from farm to finished powder
- Mixes easily in water
- Non-clumping
- Nearly flavorless
- Kosher and Halal
- Dairy-free, soy free, vegetarian and vegan suitable
- Non-GMO project verified

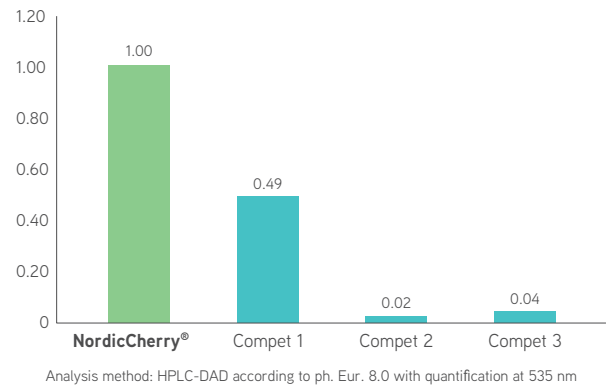
Dosage

NordicCherry® tart cherry is dosed at 500 mg daily.

Product form and applications

NordicCherry® extract is a flowable powder that mixes easily in water and is nearly flavorless, allowing easy formulation options in all application types. This product is suitable for a wide variety of food, beverages, supplements and nutritional applications.

Relative anthocyanin content



¹ Wang, H. et al, J. Nat. Prod.1999, 62:294

² Bell, P. et al. Nutrients 2016, 8:441

³ Kuehl, K. et al, J. Internat. Soc. Sports Nutri. 2010, 7:17

⁴ Hausenblas, J. and Hooper, D. Center for Health and Human Performance, Univ of Jacksonville Brooks Rehabilitation College, letter, April 2019

⁵ Mulabagal, V. et al., J. Ag Food Chem, 2009, 57: 1239.

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