

Supplements for Sport:

TART CHERRY



WHAT DOES IT DO?

Tart or Montmorency cherries support (1) reduced muscle pain & soreness, (2) accelerated strength recovery post-workout, (3) reduced cellular inflammation, and (4) improved sleep quality.



HOW DOES IT WORK?

Tart cherries contain polyphenic compounds that act as powerful antioxidants, reducing free radicals that cause unwanted inflammation. Tart cherries also naturally contain tryptophan, a precursor to melatonin for sleep regulation.



WHEN TO USE IT:

- Post-workout recovery snack/meal
- Pre-sleep snack
- During high intensity training blocks
- Pre/post travel days



HOW MUCH TO USE:

- 8-12 oz. of tart cherry juice
- 1-2 oz. of tart cherry concentrate
- ~45-60 tart cherries
- 2 capsules (= 0.5-1g)



FOOD & SUPPLEMENT SOURCES:

- [JuicePerformer](#) (juice)
- [Cheribundi](#) (juice)
- [King Orchards](#) (concentrate - bottles or single serving packets; capsules)
- [Cherry Bay](#) (liquid concentrate)
- [Klean Joint & Muscle](#) (capsule; also contains turmeric root)
- Frozen tart/Montmorency cherries (available at most grocery stores)