

# 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 lifestyle<sup>1</sup>. Tart cherry consumption has been associated with reducing loss of strength, soreness and performance from repeated exercise.<sup>2,3</sup>

### unique features of nordic cherry® extract

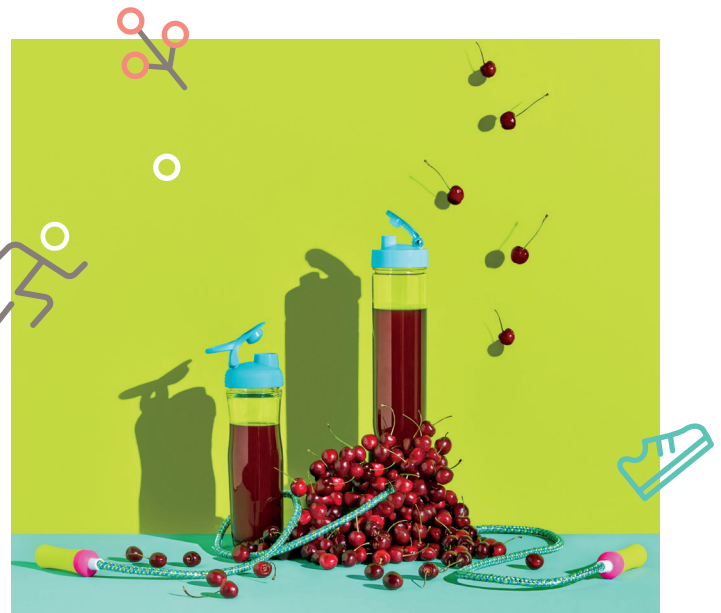
NordicCherry® tart cherry extract is one of the most bioactive, full-spectrum, whole fruit tart cherry extracts on the market. Tart cherries are naturally high in proanthocyanins, anthocyanins and phenolic acids with clinically supported benefits:<sup>1-5</sup>

- 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.<sup>4</sup> 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 exercise<sup>4</sup>. These benefits were shown through<sup>4</sup>:

- 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.

### 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.



## 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
- non-GMO, kosher and Halal
- dairy-free, soy free, vegetarian and vegan suitable

## dosage

NordicCherry® tart cherry is dosed at 500 mg daily.

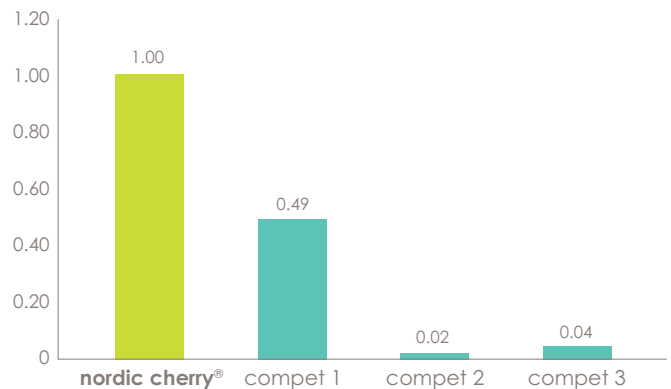
## product form and applications

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.

## references

- <sup>1</sup> Wang, H. et al, J. Nat. Prod. 1999, 62:294
- <sup>2</sup> Bell, P. et al. Nutrients 2016, 8:441
- <sup>3</sup> Kuehl, K. et al, J. Internat. Soc. Sports Nutri. 2010, 7:17
- <sup>4</sup> Hausenblas, J. and Hooper, D. Center for Health and Human Performance, Univ of Jacksonville Brooks Rehabilitation College, letter, April 2019
- <sup>5</sup> Mulabagal, V. et al., J. Ag Food Chem, 2009, 57: 1239.

## relative anthocyanin content



Analysis method: HPLC-DAD according to ph. Eur. 8.0 with quantification at 535 nm

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