



Apothe-Cherry

What Is Apothe-Cherry?

Purium's Apothe-Cherry is a tart cherry extract that condenses the nutritional potency of approximately 30 sour/tart cherries into 1 oz. of concentrate.

What's In It?

Sour/tart cherry extract is the only ingredient.

Suggested Use

For maintenance, add ½ oz. (1 tbsp) to water or juice. For maximum effect, add 1 oz (2 tbsp) of concentrate to 8-10 oz. of water or juice.

Why Do We Make It?

From sleep aid to healthy joint function, tart cherries contain phytonutrients and antioxidants that offer health-promoting benefits to issues many people face daily:

- **Melatonin:** Your body produces this hormone, which signals the circadian rhythm to prepare for sleep. Tart cherries can help balance circadian rhythm due to this safe melatonin boost of tart cherries.
- **Ellagic Acid:** Research suggests that this antioxidant has the potential to inhibit the production of lipopolysaccharide in your body, which plays a role in acute inflammatory reactions.
- **Anthocyanin:** This is a flavonoid found in berries that has been shown to improve low-density lipoprotein oxidation, thus supporting cardiovascular health.

Consumption of tart cherry juice has also been connected to:

- Healthy uric acid metabolism
- Joint health and recovery
- Healthy response to inflammation

Deeply pigmented fruits have many antioxidants and cherry is one of the highest sources of this antioxidant power. While cherries are seasonal, its nutrients are needed all year-round. Apothe-Cherry gives you easy access to tart cherry, even when it is not in season.

David Sandoval's Product Pairing Suggestions



David suggests pairing Apothe-Cherry with:

- Daily Fiber Blend: aids with melatonin production and is a low sugar and reduced calorie/carb option for diabetics. Apothe-Cherry mixes with soluble fibers making it a great delivery system, slowing the rate that sugar breaks down in the blood allowing for controlled release.
- Bio Fruit: completes the daily fruit serving with an Apothe-Cherry serving
- 40x Aloe Vera Concentrate: contains polysaccharides that help retain antioxidants and melatonin in the blood 3 times longer

Allergens

This product is gluten-free and vegan.

Certifications

Apothe-Cherry is Non-GMO Project verified.

Purchase Information

To purchase this product, click [here](#).

To purchase this product in the Sleep Pack, click [here](#).

To purchase this product in the Injury Recovery Pack, click [here](#).

Product Information

<http://blog.puriumcorp.com/?s=apothe-cherry>

<https://vimeo.com/241353623>

FDA Statement

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

Studies and support:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5237561/>

<https://www.healthline.com/health/ellagic-acid#bottom-line>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5111351/>



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5111351/>

