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Health and Fitness: While Trendy Juice Drinks are Making Big Claims, One Company is Offering Hard Science

With all the buzz about trendy and exotic "superfruits" and juices with miraculous claims about their efficacy, it's hard to know what's fact, what's fiction, what works, and what doesn't.

Often overlooked amongst claims about [acai](#), pomegranate, noni berries, and others with questionable value are the well-researched and supported benefits of tart cherries.

The results speak for themselves. Tart cherries are a proven antioxidant leader, power-packed with valuable phytonutrients and polyphenols.

Rather than having to consume 50 -- 100 tart cherries to experience the benefits, however, a unique health juice drink company called CherryPharm offers an alternative. Through its work with food scientists at Cornell University, CherryPharm has developed a proprietary process for maximizing the benefits of tart cherries by naturally converting the potent, but fragile cherry compounds into a convenient juice in easy to drink 8 oz. servings.

By meticulously pursuing independent research, including double-blind placebo controlled studies published in respected peer-reviewed journals, the benefits are clear. CherryPharm has been proven to reduce inflammation and oxidative stress, speed muscle recovery, lessen pain from exercise, and improve sleep.

Click here to download a [PDF](#) of how CherryPharm works for lessening muscle soreness.

[Clinical Research:](#)

British Journal of Sports Medicine Study
[Efficacy of a tart cherry juice blend in preventing the symptoms of muscle damage.](#)

Summary Report on the CherryPharm 2008 London Marathon Study
[The effect of a tart cherry juice drink on markers of muscle damage, oxidative stress and inflammation after prolonged endurance exercise.](#)

Tart Cherry Anthocyanins suppress Inflammation-Induced Pain Behavior
[Behavioral Brain Research, The Johns Hopkins Hospital.](#)

Cornell [University College](#) of Veterinary Medicine Study
[Efficacy of a tart cherry juice in reducing exercise-induced muscle damage in racehorses.](#)

Cyclooxygenase Inhibitory and Antioxidant Cyanidin Glycosides in Cherries and Berries
[Phytomedicine, Michigan State University.](#)

Website: CherryPharm.com
