



ID FITNESS



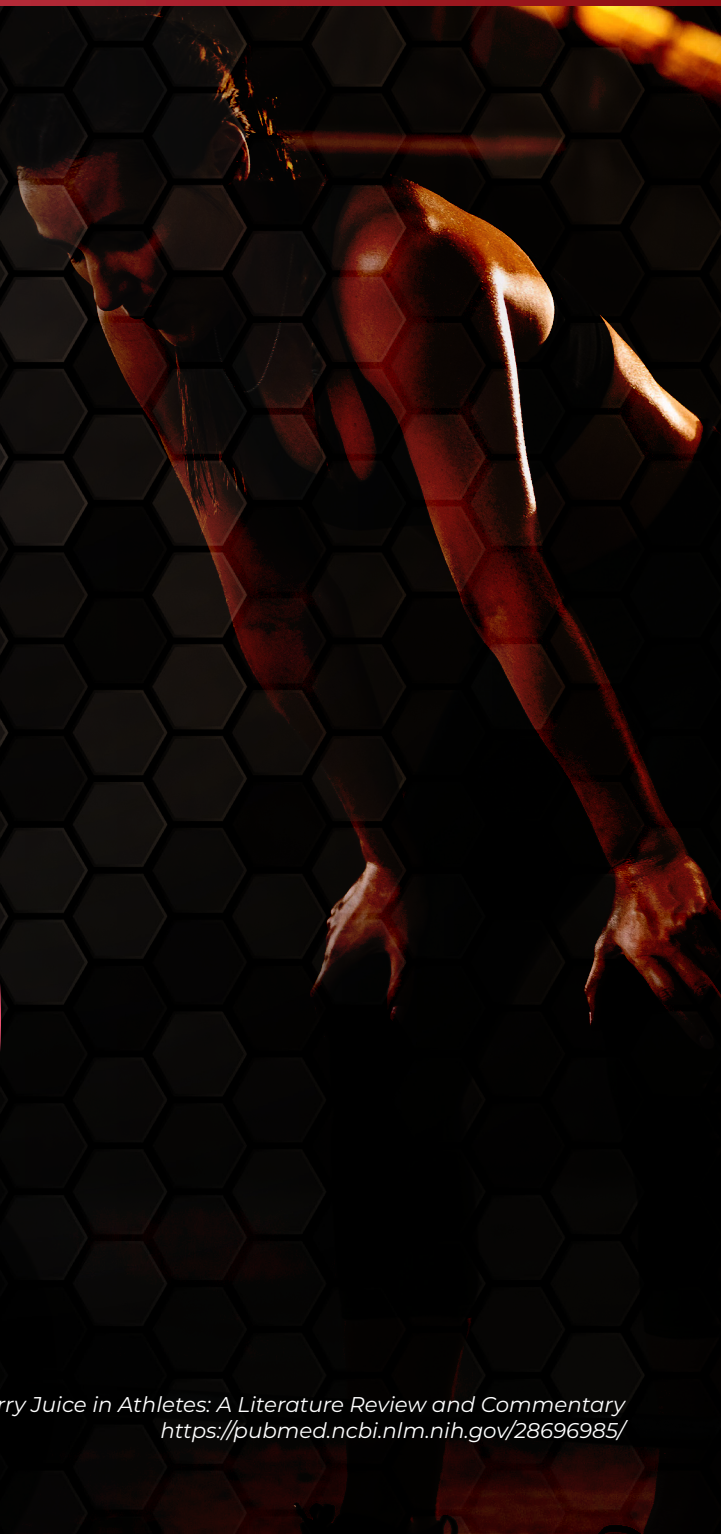
TART CHERRY POWDER

What is it?

Tart cherry contains antioxidants and anti-inflammatory compounds. Studies suggest it can reduce muscle soreness and speed recovery after workouts.

Benefits of Tart Cherry

Tart cherry (TC) juice has many antioxidant and anti-inflammatory polyphenol compounds. TC lessens pain and accelerates strength recovery after exercise and decreases blood markers of inflammation/oxidative stress. These improvements occur in both strength and endurance exercise. TC supplementation may not be optimal during the adaptation/build stage of training. However, excessive inflammatory/oxidative stress during single-day intense training/competition or multiday tournaments may delay return to peak form. In this stage, where recovery (not adaptation) is the priority, TC may be beneficial.¹



¹Tart Cherry Juice in Athletes: A Literature Review and Commentary
<https://pubmed.ncbi.nlm.nih.gov/28696985/>