

Solgar Vitamin and Herb

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# Tart Cherry 1000 mg

Vegetable Capsules 

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Natural Source  
of Polyphenol  
Antioxidants\*

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Helps Protect Against  
Free Radicals\*

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\*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.

Cherries have been consumed as food and medicine for thousands of years. As one of the main edible types of cherry, tart cherry's taste is a hallmark of delicious baked dishes, such as cherry pie. There are several varieties of tart cherries, including Montmorency, Balaton, and Maraska.

Tart cherry (*Prunus cerasus*) naturally contains polyphenolic antioxidant compounds—including quercetin, chlorogenic acid, and anthocyanins—which can help fight free radicals that cause oxidative damage to the cells in our bodies.\* Emerging scientific research suggests antioxidant-rich cherries, including tart cherries, may possess varied health-promoting properties.\*

In addition to its antioxidant properties, studies suggest that tart cherry may also help support heart<sup>1,2</sup> and muscle<sup>3,4</sup> health.\* Furthermore, a 2007 study at the Baylor Research Institute indicated that tart cherry may help support joint health.\*<sup>5</sup>

Solgar's Tart Cherry 1000 mg Vegetable Capsules provide 1000 mg of tart cherry (derived from the popular Montmorency variety) per vegetable capsule. This premium formula offers the health-supporting natural goodness of cherries without all the calories and sugar.\*

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## Solgar Tart Cherry 1000 mg Vegetable Capsules Facts

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- Offers 1000 mg of tart cherry (*Prunus cerasus*) from 250 mg of a premium-quality 4:1 extract per vegetable capsule
- A convenient dosage (1-2 vegetable capsules daily)
- Suitable for vegetarians
- KOF-K certified 
- Free of gluten, wheat, dairy, soy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives, and color

For specific label information, please log on to [www.solgar.com](http://www.solgar.com).

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### References:

1. *J Med Food*. 2009;12(5):935-42.
2. *Am J Physiol Heart Circ Physiol*. 2006;291(3):H1329-36.
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1.3 Trees, 561.3 gal Water, 122.3 lbs Air Emissions, 62 lbs Solid Waste  
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Solgar's KOF-K certification #K-1250

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