

nordic cherry⁺ 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 lifestyle¹. Tart cherry consumption has been associated with reducing loss of strength, soreness and performance from repeated exercise.^{2,3}

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:¹⁻⁵

- 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

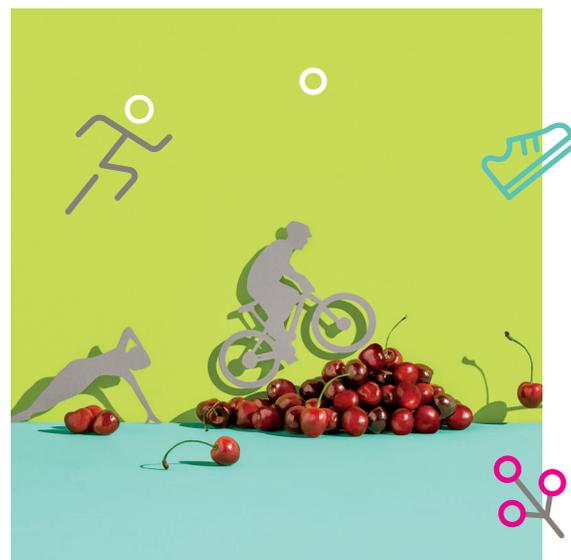
NordicCherry⁺ tart cherry extract has been clinically shown to enhance exercise recovery through reduced soreness and improved muscle strength recovery.⁴ In a double-blind, placebo controlled, crossover study of 20 healthy resistance exercise trained individuals, researchers found that those taking a 500 mg supplement of NordicCherry⁺ tart cherry had increased speed of recovery and strength from resistance exercise⁴. These benefits were shown through⁴:

- 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.



non-gmo project verified options available



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
- non-GMO project verified

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

¹ Wang, H. et al, J. Nat. Prod. 1999, 62:294

² Bell, P. et al. Nutrients 2016, 8:441

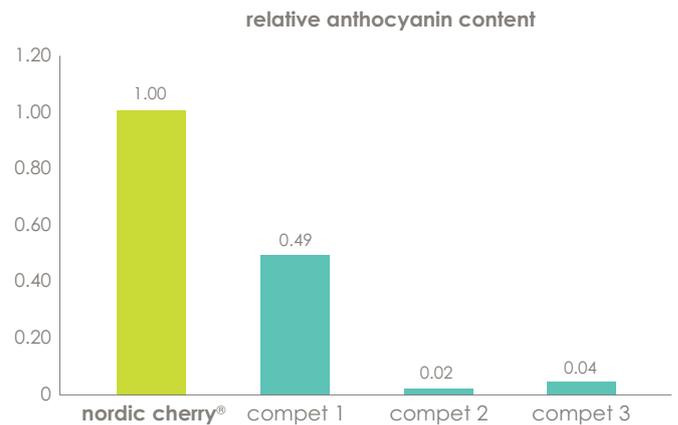
³ Kuehl, K. et al, J. Internat. Soc. Sports Nutri. 2010, 7:17

⁴ Hausenblas, J. and Hooper, D. Center for Health and Human Performance, Univ of Jacksonville Brooks Rehabilitation College, letter, April 2019

⁵ Mulabagal, V. et al., J. Ag Food Chem, 2009, 57: 1239.

* 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.

relative anthocyanin content



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

regional centers

North America
Bridgewater, NJ USA
Tel: +1 800 505 8984

Europe
Switzerland
Tel: +41.52.560.5538
Fax +41.52.560.5599

Middle East, Africa
Turkey
Tel: +90 216 538 08 00

China
Shanghai
Tel: +008621-60906606

India

Mumbai
Tel: +91 22 61484646

Asia Pacific

Singapore
Tel: +65 6775 5366

Latin America

Sao Paulo, Brazil
Tel: + 5511 3649 0455

ashland.com/contact

non-gmo project verified logo is a trademark of a third party + NordicCherry is a registered trademark of SpecNova

™ Trademark, Ashland or its subsidiaries, registered in various countries

© 2023, 2019, Ashland / HW19-040.2

The information contained in this document and the various products described are intended for use only by persons having technical skill and at their own discretion and risk after they have performed necessary tests and evaluations of the products and their uses. All statements, information and data presented herein are believed to be accurate and reliable, but are not to be taken as a guarantee, an express warranty, or an implied warranty of merchantability or fitness for a particular purpose, or representation, express or implied, for which Ashland and its subsidiaries assume legal responsibility. A purchaser must make its own determination of a product's suitability for purchaser's use, the protection of the environment, and the health and safety of its employees and customers. We make no warranty against infringement of any patents by reason of purchaser's use of any product or formulation described in this document.

