



Health Matters

by
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Natural Foods Market

Millions of Americans affected by pain are looking for safer, more effective relief. Years of research has revealed that **Tart Cherry Juice** has powerful antioxidants that are anti-inflammatory and pain-reducing, as well as protective against heart disease (high blood pressure), metabolic syndrome (obesity/blood sugar) and oxidative damage (immunity).

With its rich source of beneficial phytonutrients such as the antioxidants: phenols, flavanols and anthocyanins, **Tart Cherry Juice** has been shown to have a significant impact in modulating aches and pains (joint and muscle), but also naturally contains melatonin (helps regulate sleep cycles) and quercetin (vasodilator that helps manage blood pressure).

Tart Cherry Juice is also available in capsules, tablets or a concentrate that mixes easily in water for a safer and more effective means of managing pain, sleep, weight, immunity and blood pressure.

As always, we guarantee your satisfaction.

Locally owned for 35 years

 **NATURAL
FOODS MARKET**

610-1000

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near Old Navy**

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