

CHERRY ON TOP

Peaks & Plains

MAY WE SUGGEST - Product Review

CherryPharm is an all-natural, not-from-concentrate tart cherry juice that is proven, portable and perfect for reducing jetlag. In addition, it is also proven to reduce muscle tension, which can help with neck strain and soreness after a long flight! The juice contains 55 tart cherries per serving and comes in an 8 oz. virtually unbreakable plastic bottle that is perfect for packing in your suitcase to drink when you land. It doesn't even have to be refrigerated!

Tart cherries have been proven to help fight jet lag because they contain melatonin, which influences your biological clock. Research conducted at the University of Texas Health and Science Center found that cherries contain more melatonin than what is found naturally in your body on a daily basis. In fact, they contain more concentrated sources of melatonin than any other food. Now that's a way to ensure you sleep tight!

