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The Pure Taste Of Cherries Just Got Lighter

Cherrygood, the UK's only ready to drink cherry juice, just got a little lighter thanks to the release of a brand new light version.

The new low calorie cherry juice drink was recently in Waitrose and Morrisons stores nationwide and will expand the existing Cherrygood range of Original Cherry and Cherry and Berry.

Cherrygood Light will contain up to 70% less calories, while retaining all of the usual goodness packed into Cherrygood.

Brimming with anti-oxidants, Cherrygood Light contains the equivalent of 23 portions of fruit and veg and 19 times more beta-carotene than blueberries or strawberries along with Vitamin C, potassium, magnesium, iron and folate.

Cherrygood contains tart cherry juice from the Montmorency cherry which is grown in Michigan, USA. Research shows that the Montmorency cherry has the highest antioxidant level of any fruit with 17 different antioxidant compounds present.

Drinking Cherrygood can have a positive impact on your health and particularly helps to improve your sleep patterns thanks to its naturally high levels of melatonin, eases the discomfort of gout by reducing uric acid build up and eases the pain of a rigorous work out by reducing muscle inflammation.

Thanks to its high levels of anthocyanins, Cherrygood also acts as an anti-inflammatory appearing to reduce metabolic syndrome, also known as 'pre-diabetes' which increases the risk of heart disease, strokes and type 2 diabetes.

Not only is it of great benefit to your health, it can also slow down the ageing process due to its high levels of anti-oxidants which battle the free radicals which make us look older.

Cherrygood really is the perfect juice – not only can it benefit your health but its refreshing blend of tart cherries taste great when served chilled.