



MY CHERRY AMOUR

The juice of tart cherries is potentially mega anti-ageing (one glass provides 17 antioxidants - more than blueberries). It also helps to reduce exercise-induced aches and pains and is packed with melatonin to aid sleep. Try a glass of chilled Cherrygood juice for a summery thirst quencher.

Nutrition *know how*



by Helen Foster