



Dietary supplement

Product protected by U.P.R.P. patent n° 219904

Contents:

Fermented cherry juice lyophilisate 80% ($\pm 5\%$), micronized apple dietary fibre 20% ($\pm 5\%$), patented probiotic bacteria were used, cellulose capsule shell.

Storage:

Should be stored out of the reach of young children. Store in a dry place, avoid excessive heat. Do not use if the seal under the cork is damaged or missing.

Usage:

Take two (2) capsules in the evening before mealtime. Do not exceed the recommended daily allowance. Dietary supplement cannot be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are recommended. Do not consume if you are allergic to any of the ingredients in the product. The product should not be used by children, pregnant women and nursing mothers. Keep out of reach of small children. The healthy lifestyle are recommended.

Fermented cherry juice lyophilisate

60 capsules x 300 mg

- Recommended portions of daily nutrients intake
- Nutritional value in 100 g of the product:
 - Fat
 - including saturated fatty acids:
 - carbohydrates
 - including sugars
 - dietary fiber
 - Protein
 - Salt
 - Sodium

- 2 x 400 mg capsules
- 1400 kJ / 336 kcal
- 0,21 g
- 0,20 g
- 77,5 g
- 25,2 g
- 6,32 g
- 1,69 g
- 0,07 g
- 0,00 g

Contindications:

hypersensitivity to any of the product's components

EAN-13 code: 5903111753160

Cherry is one of the „primary“ fruits - little has changed for almost 2,300 years of its cultivation. As the traces discovered by archaeologists and written messages indicate, cherry was grown in the 3rd century BC. Cherry was a very popular cure in folk medicine. Juice, fruit and cherry decoctions were used to improve digestion or to satisfy thirst. It was praised for its beneficial effects on the lungs and for its defensive and laxative properties.

Now its fantastic properties have been confirmed by scientists. Cherry flesh contains a lot of antioxidants - anthocyanins. Antioxidants slow down the aging process, prolonging physical and mental fitness. They support the fight against inflammation, reduce the level of bad LDL cholesterol.

Anthocyanins affect the elasticity and permeability of capillaries, especially those in the iris. This means that they accelerate the process of regeneration of the visual pigment - rhodopsin, necessary to register the light falling on the retina (they have a significant contribution to the regeneration of the eyes of people working in poor light). Cherries, due to the presence of anthocyanins (250-600 mg in 100 cubic centimeters of the flesh) have an effect on visual acuity.

Cherries - what vitamins do they contain

Cherries are a „bomb“ of vitamins and minerals. For example, they contain more iron than apples. The average content of vitamin C in 100 grams of fruit is 12 mg, but cherries growing in the north of Europe may have 2-3 times higher content than the southern varieties. A little over 600 g of cherries will satisfy the daily demand for this important vitamin.

In addition, cherry contains tannins, pectin and **Inositol**, known as „vitamin B8“, which prevents going gray. A small amount of inositol vitamin is synthesized in the intestines by the bacterial flora, but it is not enough to cover the body's needs. It is therefore necessary to provide it in food. Inositol also has a positive effect on the excretion of cholesterol from the body.





Healing properties of cherries

Research by US scholars has proven that frequent cherry consumption can reduce the level of bad LDL cholesterol in the blood and can reduce the amount of abdominal fat (which is the cause of diseases of the cardiovascular system and very often appears in men and people in sedentary jobs).

The presence of coumarin in the flesh of cherries - special substance that reduces blood clotting - creates an irreplaceable component in the diet of patients after embolism, heart attack or stroke. When eating cherry regularly, chest pain decreases and the work of the heart gets regulated. Pure coumarin has a smell reminiscent of dried hay mixed with vanilla. It has a hot taste.

Coumarin supplied to the body along with fats or alcohol is better absorbed and distributed. It has a soothing and relaxant effect on smooth muscles, it also exhibits analgesic and anti-oedematous properties - maybe that is why there are so many cherry liqueur lovers. Coumarin can be used to treat vegetative neurosis with symptoms of contraction (there are 2-4 mg of coumarin in 100 cm cubic cherry flesh).

Interestingly, coumarin inhibits the growth of all bacteria, viruses (including HIV) and fungi. It also kills protozoa and mites. All those who are concerned about candidosis should regularly eat cherries or drink its juice. Because coumarins also work as plant pesticides, cherries can grow more freely than other shrubs and are less vulnerable to parasite attacks.

Cherry does not lose its healing properties after freezing or short-term heat treatment. The best way to preserve it is to prepare the juice, which after gentle pasteurization (60-65 C) will be a long-available treat and medicine. Because the seeds contain amounts of cyanide compounds, it is better to remove them from the fruit.

Leaves and young cherry branches can be used when pickling mushrooms, cucumbers and tomatoes.

When can cherries have a harmful effect

In spite of all the advantages, people who suffer from stomach ulcers and / or duodenum, patients with type 2 diabetes and obese people should not eat cherries because its fruits irritate the digestive tract and increase appetite. They should be regularly eaten by all the skinny poor eaters.

Pliki do pobrania

Co warto jeszcze przeczytać ?

[Specification - Lyophilisate of fermented cherry juice.pdf - Download file](#)