

Cherrie balance

Cherrie balance 是由酸樱桃和酸果蔓的植物饮料混合。它有助于改善剧烈运动和运动训练期间或之后的耐力和恢复能力。它还可以平衡人体系统的pH值，并有助于减少尿酸和减轻尿道感染。

蒙莫朗西酸樱桃，是酸樱桃品种（在加拿大，法国和美国种植）。该树以法国巴黎附近的蒙莫朗西（Montmorency）命名。它富含花青素，其是一种植物色素具有强大的抗氧化剂和抗炎特性。

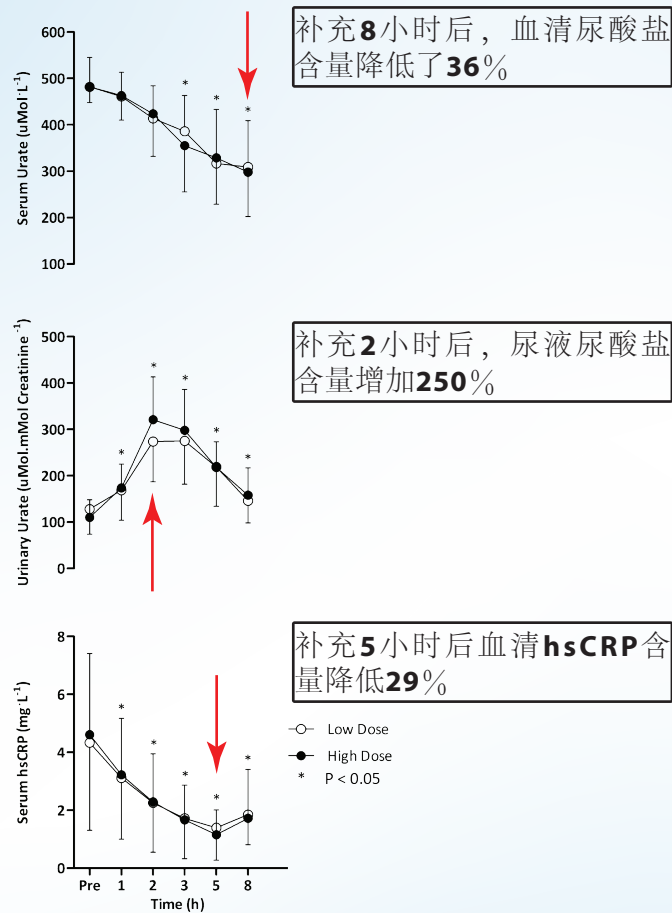
运动营养 - 减轻运动后的肌肉疼痛和肌肉损伤
得克萨斯州A&M大学研究小组完成了两项基于运动营养的人体临床研究，该研究的重点是从强烈抗阻力训练中恢复过来，蒙莫朗西酸樱桃（CherryPURE®）具有以下优点：

- ★ 肌肉分解代谢和肌肉疼痛的衰减标记
- ★ 减少免疫和炎症压力
- ★ 更好地维持氧化还原平衡
- ★ 提高个人运动表现

减少血液尿酸

此外，另一项研究使用蒙莫朗西酸樱桃浓缩汁来研究其对生理指标的影响，包括尿酸活性、炎症和主要花色苷（CYA-3-O-GluRut）的生物利用度。如图（一）结果显示，血清尿酸盐水平和hsCRP水平（炎症标志物）降低，而尿液尿酸盐升高。这些数据是第一个表明蒙莫朗西酸樱桃是治疗炎症（如痛风）的有效辅助剂。

酸果蔓是常绿灌木的一种，生长在潮湿的地区，原产于美国的东北和北部中部。它有助于清洁尿道并有助于抑制细菌生长。



图（一）。血清尿酸盐水平和hsCRP水平（炎症标志物）降低，而尿液尿酸盐升高。

参考:

- 1) Levers, Kyle, et al. "Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals." *Journal of the International Society of Sports Nutrition* 13.1 (2016): 22.
- 2) Levers, Kyle, et al. "Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males." *Journal of the International Society of Sports Nutrition* 12.1 (2015): 41.
- 3) Bell, Phillip G., et al. "Montmorency tart cherry (*Prunus cerasus* L.) concentrate lowers uric acid, independent of plasma cyanidin-3-O-glucosiderutinoside." *Journal of Functional Foods* 11 (2014): 82-90



Botanical beverage mix of
Tart cherries and Cranberries

植物饮料混合
酸樱桃和酸果蔓



Cherrie balance is a botanical beverage mix of tart cherry and cranberry. It aids in improving endurance and recovery during or post strenuous exercises and sport trainings. It also balancing pH values of body systems and helps in reducing uric acid and relieving urinary tract infection.

Montmorency tart cherry, is a variety of sour cherry (grown in Canada, France, and the United State). The tree was named for Montmorency, an area of France near Paris. It is rich in Anthocyanins, plant pigments that have powerful antioxidant and anti-inflammatory properties.

Sports Nutrition – Relieving post-exercise muscle pain and muscle damage

Accoding to two sports nutrition-based human clinical studies, done by Texas A&M University research team, which is focusing on recovery from intense resistance and endurance training, Montmorency tart cherries (CherryPURE®) offered the following benefits:

- ★ Attenuated markers of muscle catabolism and muscle pain
- ★ Reduced immune and inflammatory stress
- ★ Better maintenance of redox balance
- ★ Increased performance in individuals

Reduction of Blood Uric Acid

Besides, another study used Montmorancy tart cherry concentrate to investigate their impact on physiological indices of uric acid activity, inflammation and the bioavailability of the major **anthocyanin (CYA-3-O-GluRut)**. Refer to figure 1, the results showed reducing of the serum urate level and hsCRP level (inflammatory marker) while urinary urate increased. These data are the first to show that Montmorency tart cherry is an effective, adjuvant supplement in managing inflammatory conditions, such as those suffering from gout.

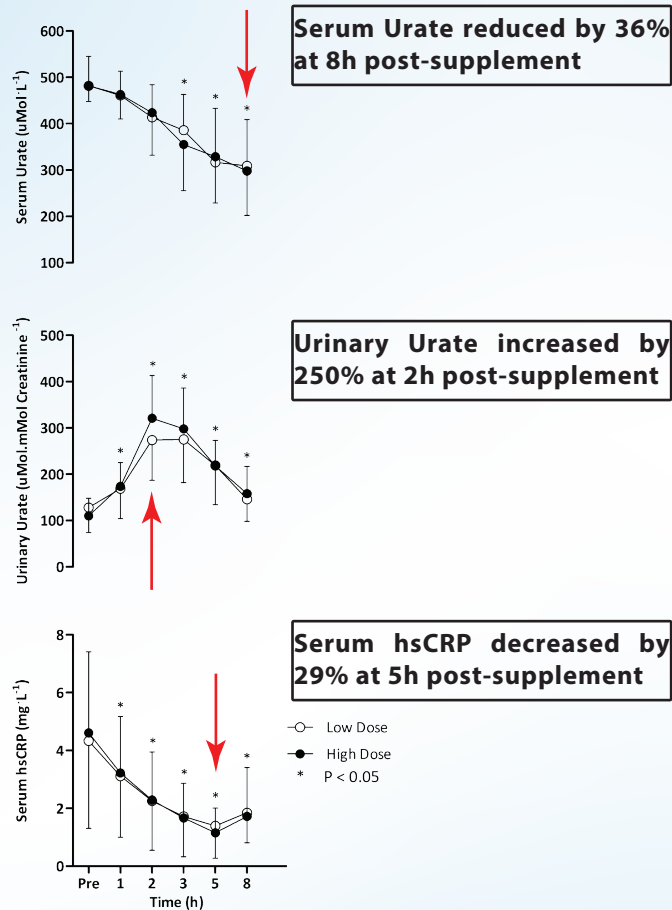


Figure 1. The results showed reducing of the serum urate level and hsCRP level (inflammatory marker) while urinary urate increased.

Cranberry is a type of evergreen shrub that grows in wet areas, native to north eastern and north central parts of the USA. It helps cleanse the urinary tracts and helps inhibit bacterial growth.

References:

- 1) Levers, Kyle, et al. "Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals." Journal of the International Society of Sports Nutrition 13.1 (2016): 22.
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INGREDIENTS/ 成分:

Mixed berries juice powder, CherryPURE® Montmorency Tart Cherry Powder, Cranberry Extract Powder, Prebiotics (Isomaltulose)
混合浆果汁粉, CherryPURE® 蒙莫朗西酸樱桃粉, 酸果蔓提取物粉, 益生元 (异麦芽酮糖)

DIRECTIONS FOR USE/ 服用方法:

Dissolve 1 sachet of powder with 100ml of cool water, stir well and consume immediately. Plentiful fluid intake is encouraged after taking the product. To be taken 1 - 2 times daily.
将一小包的粉末溶于100毫升的冷水, 搅拌均匀并即刻服用。建议服用此产品后多喝水。一天服用1-2次。

STORAGE CONDITION/ 贮藏条件:

Keep in a cool and dry place. Avoid from direct sunlight. Color, texture, smell may vary from batch to batch due to the properties of all natural ingredients used.
存放于阴凉干燥处。避免阳光直接照射。由于所使用的材料均为天然成分, 颜色、质地和气味可能与批次有些许区别。

NUTRITIONAL FACTS/ 营养成分:

	Per 100 g 每100克	Per serving 3 g 每份3克
Serving size/ 份量: 1 sachet (3 gm) 1小袋 (3克) Serving per box/ 每盒服: 15		
Energy/ 能量	383 kcal/ 千卡 1609 kJ/ 千焦	11 kcal/ 千卡 48 kJ/ 千焦
Protein/ 蛋白质	6.8 g/ 克	0.2 g/ 克
Carbohydrate/ 碳水化合物	84.1 g/ 克	2.5 g/ 克
Fat/ 脂肪	2.2 g/ 克	0.1 g/ 克

Owner of the right of manufacture:

genesis
Nutraceuticals

Genesis Nutraceuticals Sdn Bhd (963109-H)
8 Avenue Business Centre, A-3-9, Jalan 8/1,
46050 Petaling Jaya, Selangor D.E., Malaysia.
Customer Careline: +6017 - 2827328

