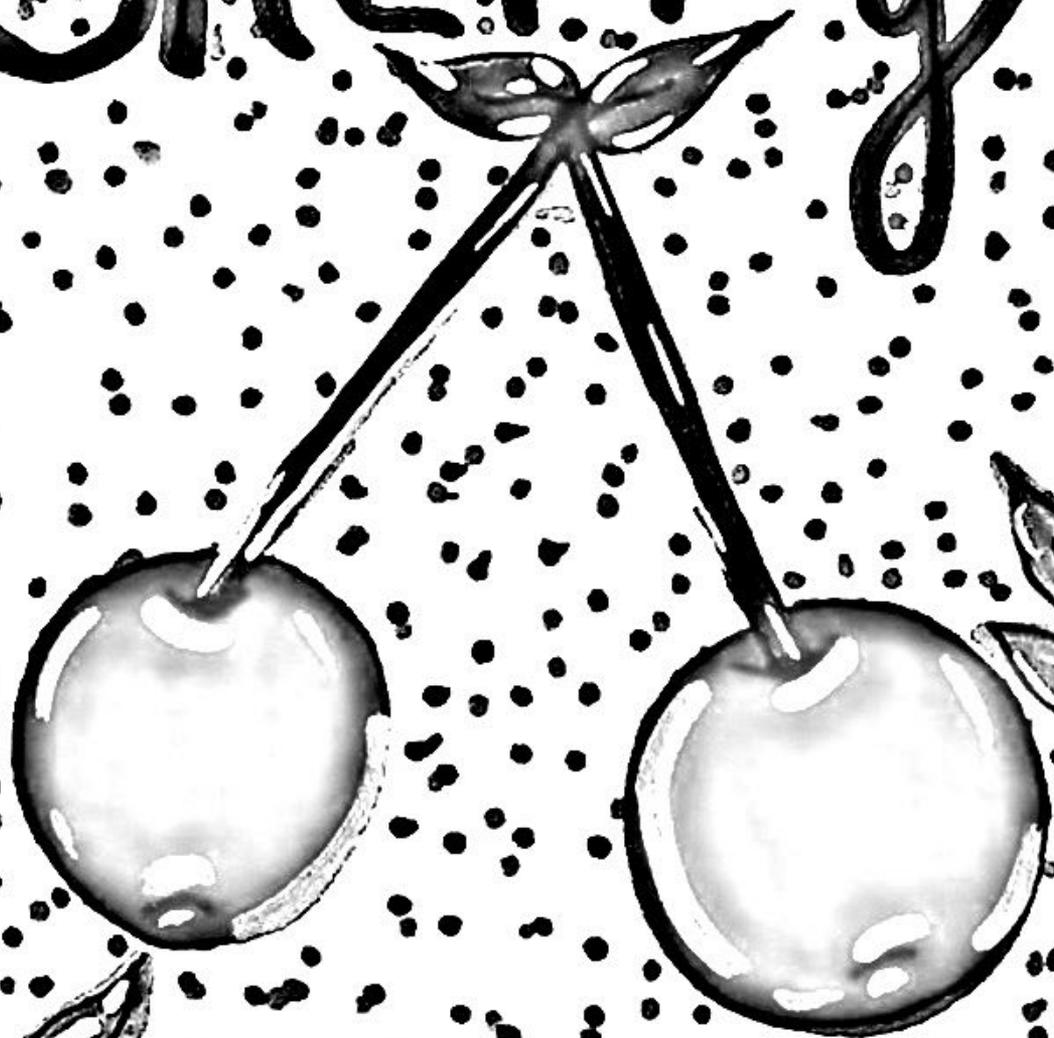


Cherry



Health benefits

Cherry

Vitamins

C 12%

K 3%

B1 2%

B2 2%

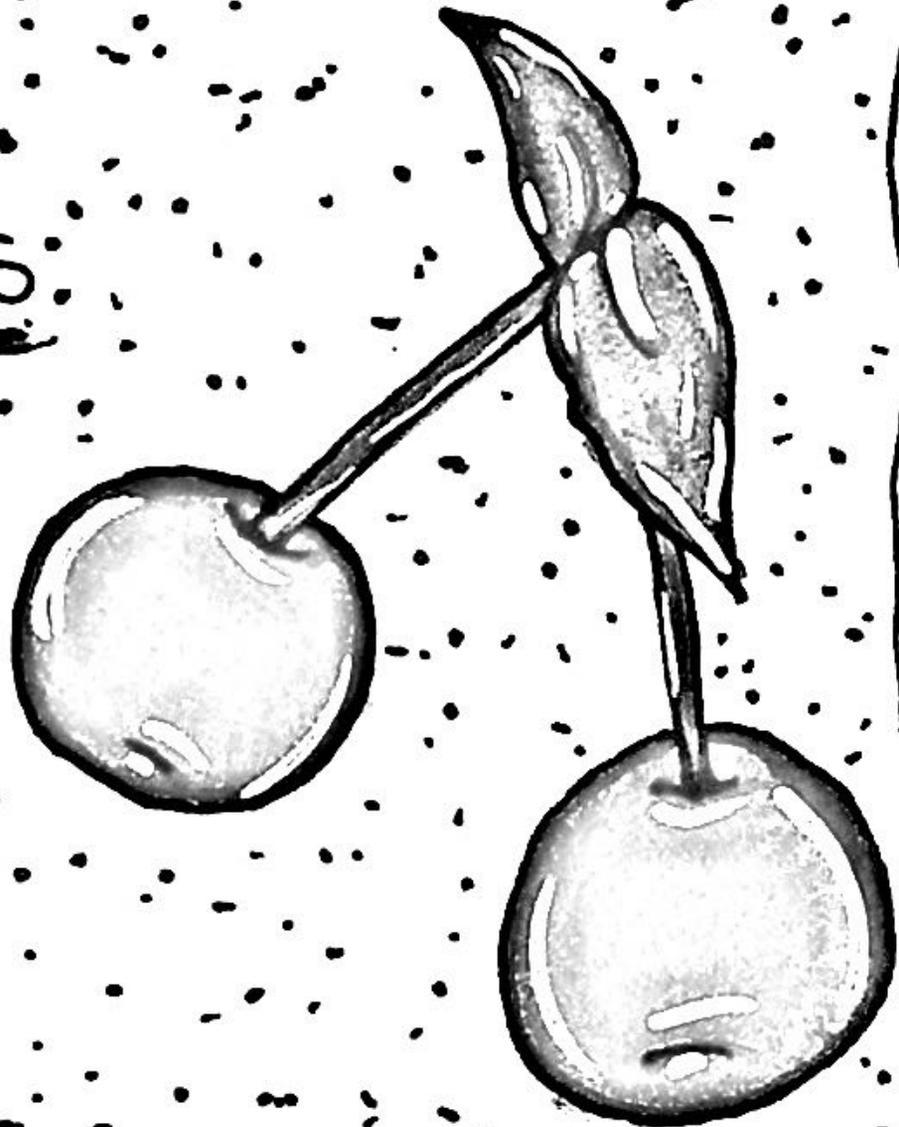
Nutrients

Dietary Fiber 8%

Carbohydrate 5%

Calories 3%

② Protein 2%



Minerals

Potassium 6%

Manganese 4%

Copper 3%

Magnesium 3%

Cherries have many
benefits:

- * Protects eyes
- * Boosts immune system
- * Reduces risk of cancer
- * Helps to relieve constipation
- * Reduces risk of heart attacks

Cont... ↓

- * Rich in antioxidant properties
- * Helps to provide relief from insomnia.
- * Alzheimer's and Parkinson's disease.

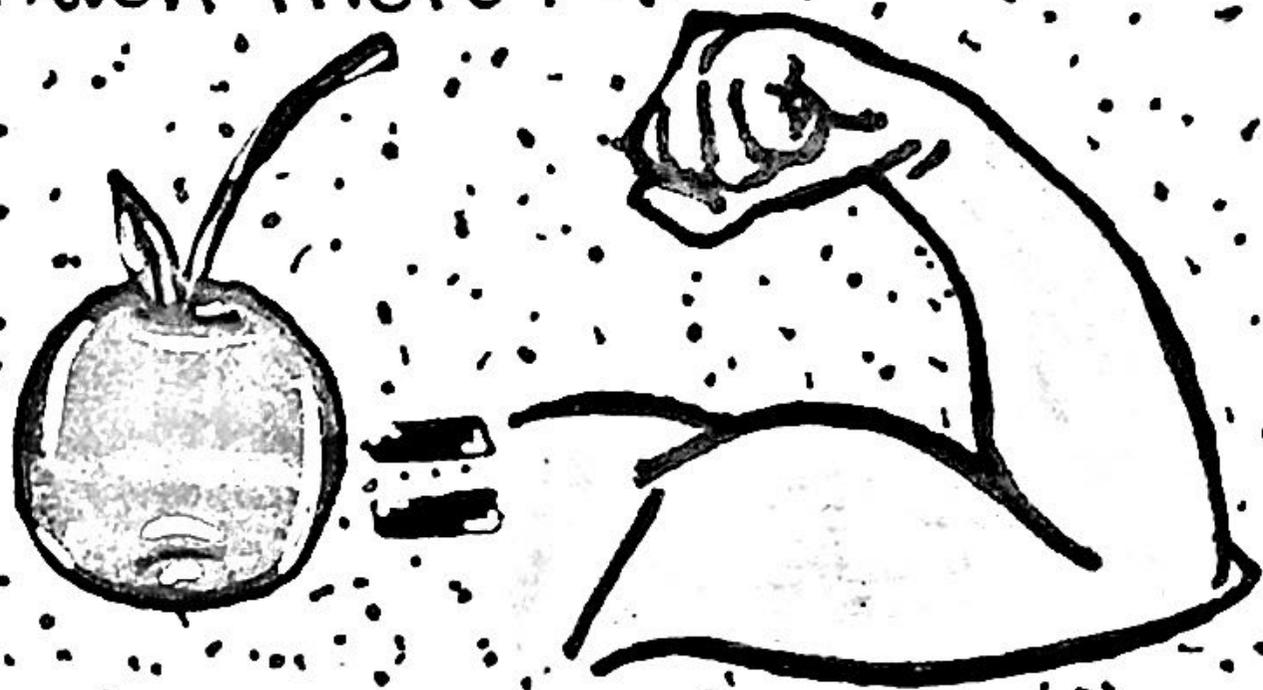


Did You Know?

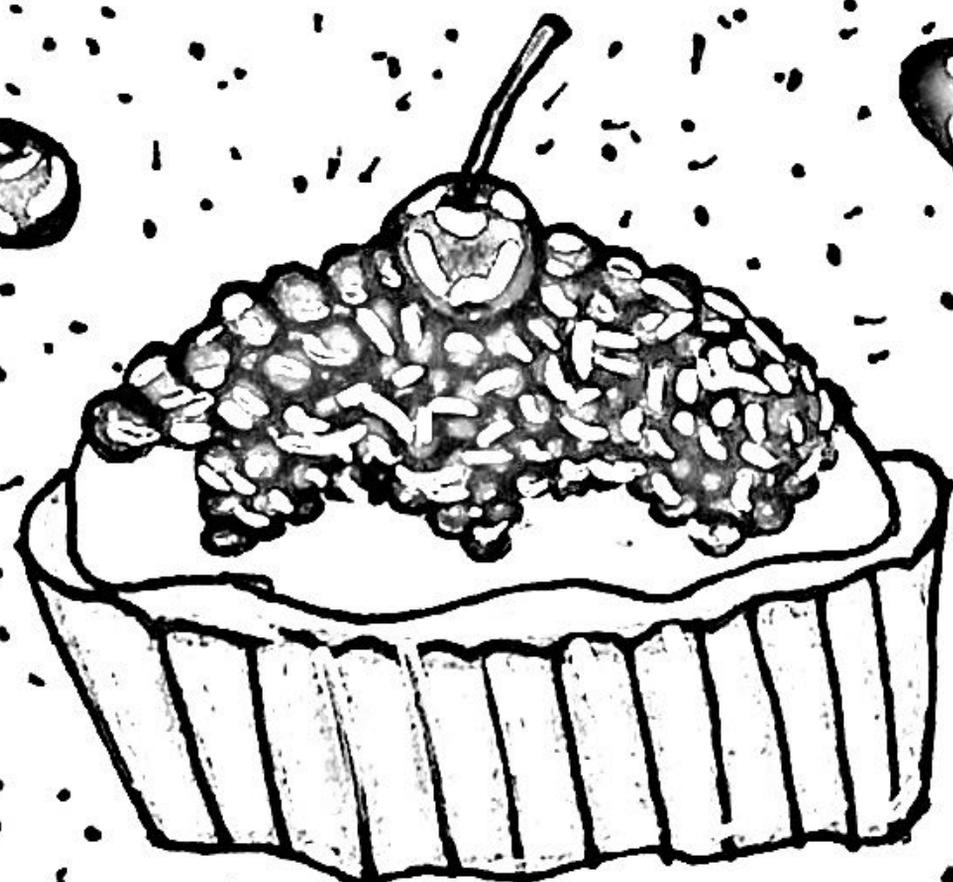
Cherries improve intestinal transit, the infusion of their stems is a powerful diuretic and they contain monoterpenes, which have antitumor activity.



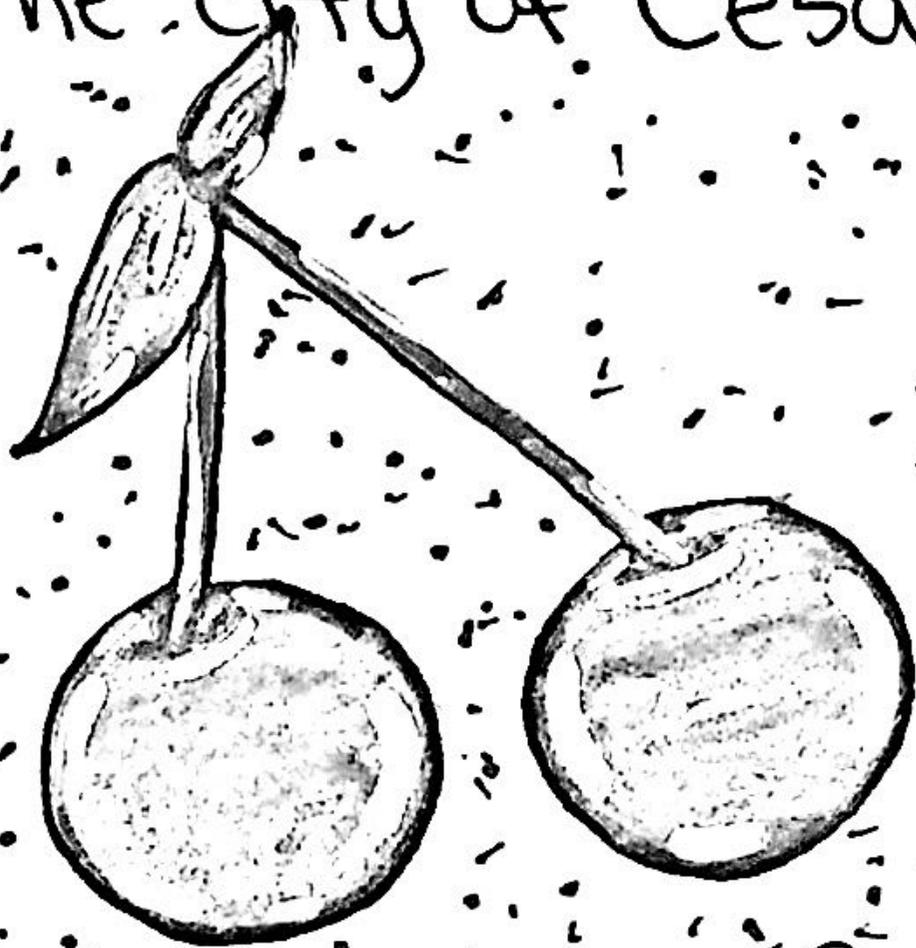
Cherries is also used
as anti-inflammatory,
immune system booster,
mild laxative, facilitate
wound healing, prevention
of cataracts and cardio-
vascular problems, and
much more!



With cherries
you can make
delicious desserts!

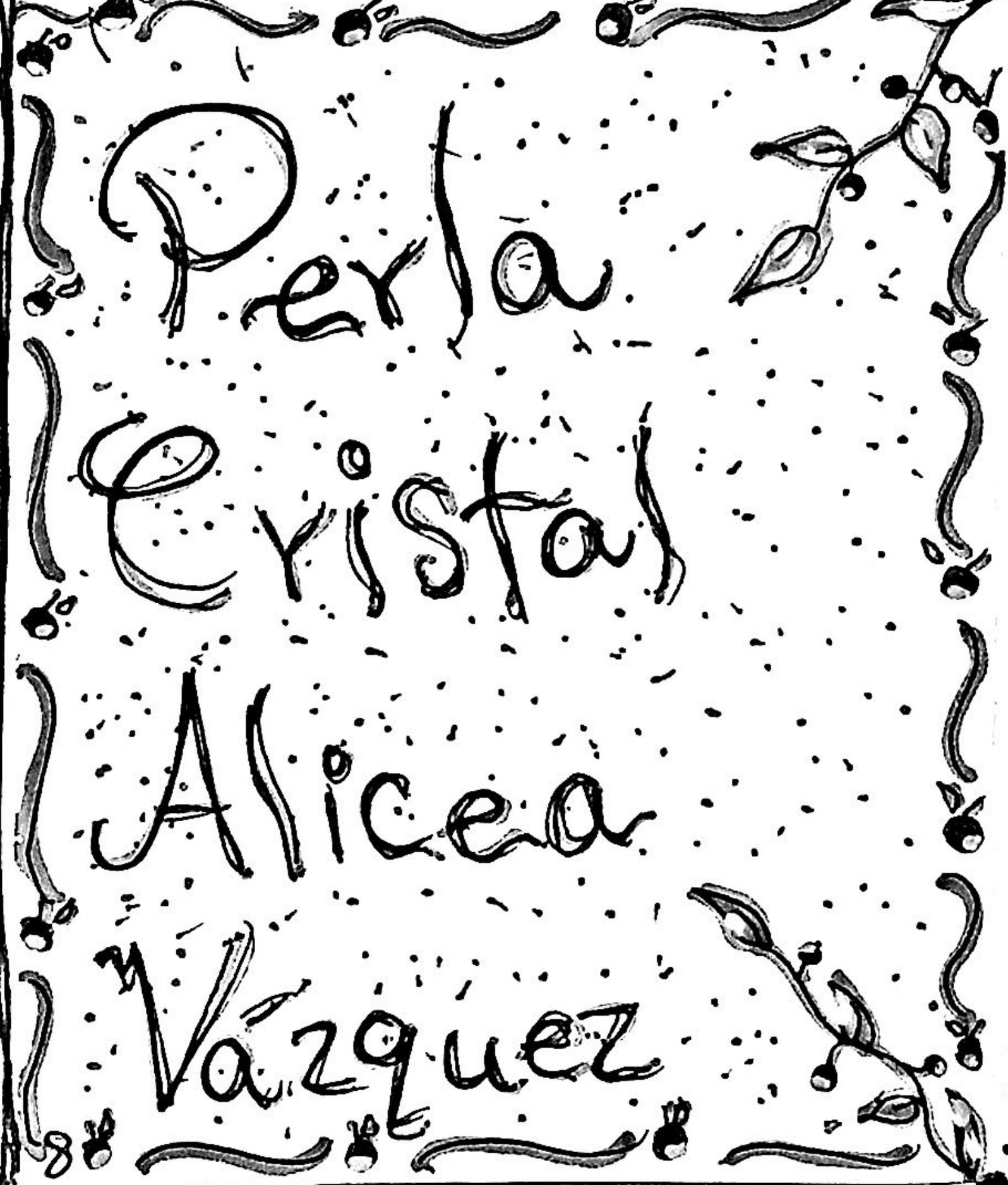


The oldest variety of
cherries comes from
Turkey, especially from
the city of Cesaronte.



A wonderful fruit!!!





Perla

Cristal

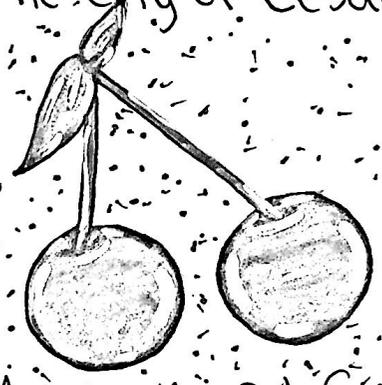
Alicea

Vázquez

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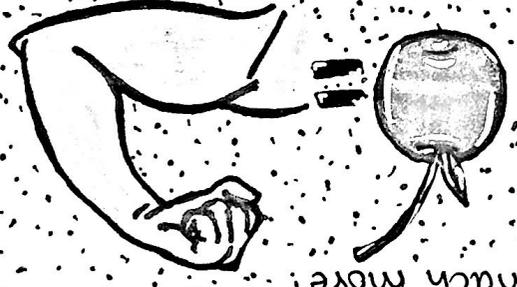
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Perla
Cristal
Alicea
Vazquez



Cherry

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Cont.
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