

NATURE BLESSED**Montmorency
Tart Cherry Juice
Concentrate****There is no comparison!****We Ship Direct!**Order Nature Blessed Montmorency Tart Cherry Juice
Concentrate and other great products online:www.colomafrozen.comTo find your local retailer, ask questions or to place an
order call:**1-800-642-2723**cherryjuice@colomafrozen.com

For information contact:

Nature Blessed, LLC

4949 North Branch Road

Benton Harbor, MI 49022

For corporate information contact:

Coloma Frozen Foods, Inc.

4145 Coloma Road

Coloma, Michigan 49038

Arthritis and**All Pain Sufferers****Reduce Your
Pain & Improve
Your Health,****100% Natural,
Great Tasting!****NATURE BLESSED****Nature Blessed
Montmorency Tart Cherry Juice
Concentrate**

F O R Y O U R H E A L T H

**Discover the powerful
secret of cherries.**

Drinking Nature Blessed Montmorency Tart Cherry Juice daily helps to control pain and reduce inflammation. Simply add two tablespoons (one ounce) of concentrate to any liquid — water, cola, seltzer, etc. and you will get the

power of 60 fresh tart cherries in a single serving. You'll enjoy a great tasting drink that helps you to improve your health naturally.

Leading researchers have found that tart cherries are filled with health promoting compounds that significantly and quickly reduce common health problems.



"Tart cherries provide 25 milligrams of anthocyanins, which help to shut down the enzymes that cause tissue inflammation in the first place, so cherries can prevent many kinds of pain."

—Dr. Nair, Professor, Michigan State University

"Tart cherries specifically the Montmorency variety, contain an extremely significant quantity of melatonin, enough to produce positive results in the body."

—Dr. Reiter, Professor, University of Texas

**Tart cherries offer these
potential health benefits:**

- Relieve the pain of arthritis, gout, headaches
- Up to 10 times more effective in fighting joint and muscle inflammation than aspirin
- High in natural melatonin to improve sleep pattern
- Help lower cholesterol
- Protect heart against disease, attacks or strokes
- Help lower blood pressure
- Protect brain and neuromuscular systems
- Inhibit the growth of colon cancer tumors
- Help fight and prevent certain chronic diseases
- Support your immune system

Arthritis relief and more...

University and private research studies are finding that tart cherries are a rich source of antioxidants that can help fight cancer and heart disease. Tart cherries contain compounds that help relieve the pain of arthritis, gout and even headaches. The secret is in the pigments that give cherries their red hue called anthocyanins. These active compounds are being called

"Mother Nature's all-natural chemotherapy agents."

**Nature Blessed Tart Cherry Juice
has 25mg minimum per serving
of anthocyanins.**

Tart cherries are also rich in two important flavonoids, isququertrin and querttrin - some of the most potent anti-cancer agents ever discovered.

University of Texas - Identified substantial levels of natural melatonin in tart cherry juice. Slight increases in melatonin levels in the body can improve the body's circadian rhythms and natural sleep patterns. Melatonin is a powerful antioxidant that attacks free radicals and may help prevent or reduce brain deterioration associated with aging.

Michigan State University - Found 3 powerful anthocyanins in tart cherries with the potential to inhibit the growth of colon cancer tumors. Tart cherries contain anthocyanins and bioflavonoids that inhibit enzymes Cyclo-oxygenase and prevent inflammation in the body. Daily consumption of tart cherries has the potential to reduce the pain associated with inflammation, arthritis and gout. These anthocyanins also do a better job than vitamins C and E in protecting the artery walls from the damage that leads to plaque build up and heart disease.

University of Iowa - Tart cherries contain perryllol alcohol, a natural compound that is extremely powerful in reducing the incidence of all types of cancer. **Perryllol alcohol was up to five times more potent than the other known cancer-reducing compounds** at inducing tumor regression. Favorable results were found in the treatment of advanced carcinomas of the breast, prostate and ovary.

Brunswick Laboratories, Wareham, MA - Discovered that tart cherries have high ORAC (oxygen radical absorption capacity) values ranging from 1,700 to 12,800 per 100 grams. This test confirms the antioxidant capacity in food. **Tart cherries have more antioxidants than most other fruits.**

Tart cherries contain a class of compounds called SOD (super oxide dismutase), which act as super scavengers of dangerous free radicals, destroying them in the body. Few natural foods contain SOD and the human body often lacks SOD.

*Statements made are based on university and private research studies. The Food and Drug Administration have not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Note: Research information source - Cherry Marketing Institute

NATURE BLESSED

NATURE BLESSED

Most people see results within just 2 weeks.

"This is a miracle drug! I was taking 200mg. of arthritis medicine a day for 1-1/2 years. After drinking cherry juice for 4 weeks, I have stopped taking arthritis medicine altogether. I noticed a significant difference in just 3 weeks."

—Hilda from Michigan

"I was diagnosed with Rheumatoid Arthritis at age 29. I suffer from inflammation in the hands and ankles, which are really affected by humidity and being on my feet all day. I also had trouble sleeping and would wake up frequently. I started drinking Tart Cherry Juice in water (I love the tartness - no sweetener added) every night three months ago. My sleeping patterns began to change in a week. After one month, I was sleeping throughout the night, as well as waking up refreshed. Now I can wear my wedding rings - the swelling in my hands has reduced to almost nothing."

—Jackie from Michigan

"I have had a lot of pain in my hands for over 18 months. After seeing several doctors, no one had a diagnosis. I started taking cherry juice and in one month my pain was greatly reduced. Now I am telling everyone including my doctors how great cherry juice is."

—Louise R. from Illinois

"I had arthritis pain in my back, elbows and knees. I have had great results with drinking cherry juice. I have more energy and can exercise which really makes me feel better."

—Carol L. from Michigan

"I have suffered with wrist pain for several years. After two weeks of drinking cherry juice, I noticed a dramatic reduction in my pain. Today I have no pain."

—Tim J. from Indiana

"My cholesterol had climbed to just over 200. My doctor told me I had to change my diet in order to reduce the cholesterol to acceptable levels. I did not change my diet but I did drink Nature Blessed Red Tart Cherry Concentrate on a daily basis. In six months my cholesterol dropped about 50 points. I am sold on the product."

—Jim from Michigan



So easy to use.

Single Serving: Add 2 tablespoons (one ounce) of concentrate to 6 - 8 ounces of water or other liquid depending on your taste.

By the pitcher: Add 16 tablespoons (8 ounces) to 64 ounces (1/2 gallon) of water.

Drink one glass a day or as directed by your doctor. One quart of concentrate lasts about one month depending on quantity consumed daily.

The diabetic exchange is one fruit.

Easy to store.

Keep the juice in the freezer before using it—it will not freeze solid. After opening, keep juice in the refrigerator. A carton can be stored more than one year in the freezer or up to 6 months in the refrigerator. The juice is perishable and can deteriorate when left at room temperature (70 degrees F) for over extended periods. If premixing, keep refrigerated.

Tart cherries are nutritious and great tasting.

Tart cherries are naturally

- High in potassium
- Low in fat
- Low in calories
- Low in sodium

Nutrition Facts:	
Serving Size	1 fl oz (29.6ml)
Amount Per Serving	32
Calories	80
Calories from fat	0
% Recommended Daily Value*	
Total Fat	0g (0%)
Sodium	10mg (1%)
Carbohydrates	20g (7%)
Dietary Fiber	0g (0%)
Sugars	16g
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	15%
Potassium	320mg (9%)
Cholesterol	0mg (0%)
Protein	1g

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Check with your physician — Taking Cherry Juice Concentrate should not interfere with prescription drugs.

Vitamin K = less than 5mcg / 100g

Vitamin D = 9 IU / 100g (1% of the recommended daily allowance)

Diet Exchange: 1 carbohydrate/sugar exchange

NATURE BLESSED PROMISE 100% Natural Product

We guarantee that Nature Blessed Tart Cherry Juice Concentrate is 100% Natural Product because we control all aspects of production from the orchard to the bottle on your grocery shelf. Our concentrate is produced at the highest standards with only the finest Montmorency cherries. Nature Blessed Juice is always clear and free from impurities. We assure you that Nature Blessed Tart Cherry Juice has 25mg of anthocyanins minimum per serving – the highest on the market!

There is no comparison to our product and our standards of production.

Years in Business	Over 27 Years	HACCP (Hazard Analysis Critical Control Points) Program	YES
Producer/Processor	YES	Production Specifications	YES
State Licensed Facility	YES	ALB Inspected	YES
USDA Inspected Facility	YES	Written Recall Procedure	YES
Kosher Certified	YES	Certificates of Analysis	YES
Product Liability Ins.	YES	Testing Procedures	YES
Quality Control:		Label Requirements:	
100% Montmorency		Ingredients	YES
Tart Cherries	YES	Produced by/Packed by	YES
No Additives	YES	Nutritional Information	YES
Facility Sanitation	YES	UPC Barcode	YES
Procedures (Written)	YES		
G.M.P.'s (Good Manufacturing Practices) set up by U.S. Gov.	YES	Educational Materials/Brochures	YES

Cherry Smoothie

A refreshing and fun drink! Makes 2 (8 ounce) servings.

- 1 cup nonfat plain or vanilla yogurt
- 1 ripe banana, peeled and sliced
- 1/2 cup orange juice
- 1/4 cup tart cherry juice concentrate
- 1 cup crushed ice

Put yogurt, banana, orange juice, cherry juice concentrate and crushed ice in the container of an electric blender or food processor. Puree until smooth. Serve immediately.



NATURE BLESSED

NATURE BLESSED

NATURE BLESSED