



Main Herb - Tart cherry

Traditionally used since 1061 AD to nourish the kidney and the blood, enhance transformation function of the spleen. Placebo-controlled clinical studies report that tart cheery can improve sleep quality. Tart cheery is also a strong anti-oxidant with particularly high content of anthocyanins (1).



1. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* **3** (8).