

# iMedix: Your Personal Health Advisor.

## TART CHERRY

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Search for medical details concerning TART CHERRY on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
  - **DosageForm:**
  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

**Uses & Effectiveness Overview** Tart cherry (*Prunus cerasus*), also commonly called tart cherry, is a fruit. The Montmorency tart cherry is the most popular type grown in the U.S. Tart cherry fruit contains chemicals that might reduce swelling and act as antioxidants. Some tart cherry products are marketed for specific health purposes, but up to 97% of tart cherries grown are used in cooking and baking. People commonly use tart cherry for muscle soreness after exercise, improving athletic performance, high blood pressure, and other purposes, but there is no good scientific evidence to support most of these uses. Tart cherries are a rich source of vitamin C, providing around 16% of the daily recommended intake in just one cup. This powerful antioxidant not only strengthens the immune system but also supports collagen production, promotes healthy skin, and even aids in iron absorption.

**Side Effects** When taken by mouth: Tart cherry fruit and fruit juice are commonly consumed in foods. Tart cherry fruit extract or powder is possibly safe when taken short-term. Some people might have diarrhea after taking tart cherry products. There isn't enough information to know if tart cherry stems are safe or what the side effects might be.

**Interactions** We currently have no information for TART CHERRY overview.

**Special Precautions and Warnings** When taken by mouth: Tart cherry fruit and fruit juice are commonly consumed in foods. Tart cherry fruit extract or powder is possibly safe when taken short-term. Some people might have diarrhea after taking tart cherry products. There isn't enough information to know if tart cherry stems are safe or what the side effects might be.

**Pregnancy and breast-feeding:** Tart cherry fruit is commonly consumed in foods. There isn't enough reliable information to know if medicinal amounts of tart cherry fruit or stems are safe. Stay on the safe side and stick to tart cherry fruit in food amounts.

**Dosing** Tart cherry is available in many different forms, including the whole fruit, juice, juice concentrate, powder, and extract. Tart cherry juice is commonly consumed by adults in doses of 240-480 mL by mouth daily. Speak with a healthcare provider to find out what type of product and dose might be best for a specific condition.

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### Side Effects

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## Uses

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## Interactions

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## Other Details

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