

# Natural Way to Stay In Good Health this **Flu Season**

There's just another good reason to choose cherries,  
one of today's hottest **"Super Fruits"**!

A new study shows that quercetin - powerful antioxidants known for its natural anti-viral activity - found in **tart cherries** can help to boost immunity and reduce risk for respiratory infections such as cold and flu.

**Drink up!** A glass of Cherriwell daily helps to power up your immune system.

Cherriwell from Bioxil Innertreats is made from 100% natural, pure Montmorency Tart Cherry with rich source of potent antioxidants and phytonutrients to promote improved immunity, mental alertness, healthy joints and overall well-being. Cherriwell does not contain additives, preservatives, colors, flavors or artificial sweeteners.

Studies conducted by the University of South Carolina and Clemson University, supports previous findings that suggests quercetin, which is a natural anti-histamine and anti-inflammatory compound, may be a natural way to help boost the immune system and help fight off infection.\*

\* Davis, JM, Murphy EA, McGeelan JL, Carmichael MD, Gangewi JD. Quercetin reduces susceptibility to influenza infection following stressful exercise. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. 2008;295:R505-509

## TOP TIPS TO PREVENT FLU

- Wash your hands often
- Get sufficient rest
- Drink plenty of fluids
- Strengthen your immune system

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