

# Cherry Night

Cherry Night is the natural bedtime tonic that combines Morello cherries, red date extract, glycine and magnesium in a pleasant-tasting nutritional nightcap.

This unique blend of active ingredients includes Morello cherries - a natural source of melatonin, along with the amino acid glycine and red date extract. The addition of magnesium contributes to a reduction of tiredness and fatigue, supports electrolyte balance, the nervous system, normal muscle function, normal psychological function and contributes to normal energy-yielding metabolism. This all-natural supplement doesn't contain any sedatives, meaning you can establish a night time routine with Cherry Night and feel vibrant the next day.

Mix the powder with water or juice to make an easy-to-drink nutritional supplement. This soluble nightcap is best taken one hour before bedtime.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- A single serve provides appropriate levels of magnesium
- A sedative-free blend of active ingredients
- Makes a pleasant tasting drink
- Vegan formulation



## Nutritional Information: one heaped teaspoon provides:

Ingredient	Weight	% NRV
Glycine	3000mg	
Morello cherry juice ( <i>Prunus cerasus</i> )	1200mg	
Red date extract ( <i>Zizphus jujuba</i> )	450mg	
Magnesium (citrate)	200mg	53

**Directions:** stir one heaped teaspoon into water or juice (once daily). Drink one hour before bedtime, or as directed by your healthcare practitioner.

## Ordering Information:

Code	Size	Description	Barcode
0369	150g	Cherry Night	5060003593690

In stock and available to order. Call 01327 878050 or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)