

December PLC Special: Apothe - Cherry

Buy 3, Get 1 FREE!



Beat the Winter Blues with Apothe-Cherry

Cold winter nights are best handled with a hot mug of apple-cherry cider! A glass of anti-inflammatory tart cherry juice will help ease muscles aching from the slopes while also providing you with the antioxidants of 10 servings of fruit. You can also take Apothe-Cherry after a night of imbibing in holiday spirits to get a good night's rest and wake up feeling great the next morning.

Sour cherries may offer nature's most powerful combination of cell rejuvenating antioxidants and rare plant compounds. Sour cherries naturally contain melatonin which supports a healthy sleep cycle, anthocyanins and bioflavonoids that promote healthy joint function and lower uric acid levels, along with ellagic acid, perilyl alcohol and many other beneficial phytochemicals. Apothe-Cherry is so nutrient rich that it is basically an apothecary (pharmacy) in a glass!

- More ellagic acid than pomegranates
- More anthocyanins than blueberries
- Higher ORAC rating than acai
- Better for gout than black cherry
- Far more scientific validation than goji, mangosteen, or noni

The Ultimate Antioxidant Tonic for Body & Soul!

Instructions: Take 1/2-ounce (1 tbsp) - 2 ounces (4 tbsp) mixed in water. May serve cold or hot. Great mixed with aloe vera, your favorite creamy beverage, or hot apple cider or blended in a smoothie. Delicious drizzled over oatmeal or yogurt or blended into a salad dressing recipe.

Ingredients: Sour cherries – nothing else!

YOU SAVE:
\$19.57!

PLC Member Price:
\$58.71 / BV 45*

*To prevent Back Up Order from being triggered, please purchase this special along with a product worth 5+ BV points by December 20, 2015. Special offer ends December 31, 2015 at 11:59 PM Central Standard Time.

Hot Homemade Spiced Apple-Cherry Cider

Three step process - first two steps are optional, if not homemade, find high quality prepared versions.

1. DIY apple cider recipe (optional)

Ingredients: 10 – 12 medium organic apples

Instructions: Wash, quarter and core the apples. Puree the apples in a blender. Use a cheesecloth to squeeze out as much juice as possible or put in a strainer over a bowl and use the back of a spoon to press the juice through.

2. DIY Mulling Spices recipe (optional)

Ingredients:

4 cinnamon sticks, chopped
3 Tbsp. dried orange peel, diced
¼ cup whole allspice
¼ cup whole cloves
8 whole nutmegs, chopped
8 whole star anise

Instructions: Mix all ingredients.

3. Spiced Apple-Cherry Cider recipe

Ingredients:

2 Tbsp. mulling spices
4 cups apple cider
Apothe-Cherry (to taste)

Instructions: Pour apple cider in a medium sauce pan and add mulling spices. Use stove to simmer ingredients for 5 minutes. Carefully strain the spices from the cider, stir in Apothe-Cherry and enjoy!

You could also opt to use a muslin sack for the spices: put spices inside sack, tie sack closed and put in pot with cider. Simmer for 5 minutes, remove muslin with tongs.



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