

CHERRY STEMS

Used as mild diuretic.

100 capsules 1 000 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80064592

Prunus cerasus

Prunus cerasus is a plant that originates around the Black and Caspian Seas. During the course of animal and human migrations, the species spread to other temperate regions.² The arboreal species was cultivated in antiquity in Greece, in the Roman empire, and in Asia. Today it is cultivated all over the world for its fleshy sweet fruit, which is rich in vitamin C. Cherry stems are very popular in herbal medicine for their diuretic and cleansing actions.



**BPF
GMP**

MEDICINAL INGREDIENT

Sour cherry (Prunus cerasus, Peduncle (fruit)) 100 mg
(10:1, QBE 1 000 mg)

NON-MEDICINAL INGREDIENTS

Cellulose and hypromellose.

RECOMMENDED DOSE

Adult: 1 capsule 2 times a day.

DURATION OF USE

For occasional use only.

WARNINGS

- Consult a health care provider if the symptoms persist or worsen.
- Consult a health care provider prior to use if you are pregnant or breastfeeding.

CONTRAINDICATIONS

Do not use if you suffer from hypocalcemia or urolithiasis.

PRUNUS CERASUS

USDA Classification¹
Kingdom : Plantae
Division : Magnoliophyta
Class : Magnoliopsida
Order : Rosales
Family : Rosaceae
Genus : Prunus L.
Species : Prunus cerasus L.

Professionals

Cherry stem infusions are traditionally used as a diuretic.^{3,4} According to a literature review published in 2009, cherry stems contain naturally high levels of flavonoids and potassium, which confer diuretic properties. The authors also analyzed urine samples collected from volunteers in a clinical study to assess concentrations of electrolytes (sodium, potassium, chloride and calcium) as well as urine volume and osmolality. The article concluded that cherry stem capsules increase calcium, sodium, and chloride concentrations in urine and increase the volume of urine excreted. No adverse effects were observed during the study.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Prunus cerasus.** *USDA Plants Database.* Available online at: <http://plants.usda.gov/core/profile?symbol=PRCE>

² R Perez-Sanchez et al. **Agromorphological characterization of traditional Spanish sweet cherry (*Prunus avium* L.), sour cherry (*Prunus cerasus* L.) and duke cherry *Prunus x gondouinii* Rehd.) cultivars.** *Spanish Journal of Agricultural Research.* 6(1):42-55. 2008

³ Kenner D and Requena Y. **Botanical Medicine : A European Professional Perspective.** *Paradigm Publications,* Brooklin, Massachusetts, p. 193, 1996

⁴ Tierra M, L.Ac, O.M.D. **The Way of Herbs.** Simon & Schuster Gallery Books, New York, New York, 416, 1998.

⁵ Hooman N, Mojab F, Nickavar B and Pouryousefi-Kermani P. **Diuretic Effect of Powdered *Cerasus Avium* (Cherry) Tails on Healthy Volunteers.** *Pak. J. Pharm. Sci.,* 22, (4), 381-383, 2009.

