



Magnesium Tart Cherry Sleep Tonic

A natural calming drink with melatonin and antioxidants.

Ingredients:

- ½ cup tart cherry juice (unsweetened if possible)
- ½ cup filtered water or sparkling water
- 200–400 mg magnesium powder (magnesium glycinate or citrate works well)
- 1 tsp raw honey or maple syrup (optional, for sweetness)
- Ice cubes (optional)

Directions:

Add tart cherry juice and water to a glass. Stir in magnesium powder until fully dissolved. Add honey/maple syrup if desired. Serve over ice and enjoy about 30–60 minutes before bed.

Why it works:

Tart cherry juice naturally contains **melatonin & antioxidants** to support sleep and recovery. Magnesium helps relax muscles, calms the nervous system, and improves sleep quality.