**The effect of cherry Juice on Athletes performance: a literature review**

**Background and Objective:** Strenuous exercise increase the risk of musculoskeletal injury and induce muscle damage resulting in acute inflammation and decreased performance. The human body natural response to injury results in inflammation-induce pain, swelling, and erythema. Cherry juice, rich in antioxidant and anti-inflammatory properties, may have a protective effect to reduce muscle damage and pain during strenuous exercise.

**Search Methods**: A search of literature was conducted using key words cherry juice, exercise, athlete on PubMed, web of sciences and Scopus.

**Findings:** From 240 initially identified studies, 14 met the eligibility criteria. Most of the studies indicated the high content polyphenolic compounds in cherry juice, via their antioxidant and anti-inflammatory effects, have been proposed to lessen muscle damage, reduce level of pain, accelerates strength recovery after exercise and decreases blood markers of inflammation/oxidative stress.

**Conclusion:** Accordingto the studies reviewed here, cherry juice might be considered as a natural food that can lessen exercise-induced muscle damage, reduce muscle pain and improve recovery after exercise. More studies will be required in this field to confirm these results.

**Keywords:** cherry juice, exercise performance, muscle damage, athlete