

Juice PLUS⁺ Published Clinical Research

RESEARCH SHOWS THAT...

CLINICAL RESEARCH FINDINGS

RESEARCHERS' INSTITUTIONS

Juice Plus+[®] delivers key antioxidants and other phytonutrients that are absorbed by the body.

Several researchers have studied the bioavailability (absorption by the body) of key nutrients found in Juice Plus+[®] and reported Juice Plus+[®] effectively increased plasma levels of antioxidant nutrients and other phytonutrients in children, and in young, middle-aged and elderly adults.

*University of South Carolina¹ *Tokyo Women's Medical University²
 *University of Florida³ Brigham Young University⁸
 University of Arizona⁷ *UCLA/Georgetown University¹⁸
 *University of Sydney, Australia⁶ *University of Milan, Italy²⁰
 King's College, London, England⁷
 University of Texas Health Science Center¹⁰
 *University of Witten-Herdecke, Germany²¹
 †Vanderbilt University School of Medicine⁴
 *Medical University of Vienna, Austria⁵
 University of Texas MD Anderson Cancer Center²⁴
 *Nemours Children's Clinic (Jacksonville, FL)²⁵

Juice Plus+[®] reduces oxidative stress.

Several studies have reported improved antioxidant enzyme levels, improved plasma antioxidant capacity, and reduced lipid peroxides, a key indicator of oxidative stress. In addition, researchers found that Juice Plus+[®] Orchard, Garden and Vineyard Blends together were effective in reducing a marker for oxidative stress associated with aerobic exercise.

*University of South Carolina¹ *Tokyo Women's Medical University²
 *University of Florida³ *University of Milan, Italy^{19,20}
 King's College, London, England⁷
 University of Texas Health Science Center¹⁰
 **Medical University of Graz, Austria^{11,12}
 **University of North Carolina-Greensboro^{13,14}

Juice Plus+[®] reduces key biomarkers of systemic inflammation.

Chronic systemic inflammation is invisible, and can contribute to an increased risk for developing chronic conditions such as cardiovascular disease, diabetes, and cancer. Investigators found Juice Plus+[®] significantly decreased levels of three key biomarkers of inflammation in both groups.

*University of South Carolina¹ *
 **Medical University of Graz, Austria¹¹

Juice Plus+[®] supports a healthy immune system.

Good nutrition is important for normal function of the immune system. Investigators have found Juice Plus+[®] supports markers of proper immune function.

*University of Florida³
 University of Arizona⁷
 **Medical University of Graz, Austria¹¹
 *Charité University Medical Center, Berlin, Germany¹⁵

Juice Plus+[®] helps protect DNA.

Good nutrition is important to protect DNA from oxidative damage. Studies show a reduction from baseline DNA damage after taking Juice Plus+[®].

*University of Florida³
 *University of South Carolina²³
 Brigham Young University⁸

Juice Plus+[®] supports cardiovascular wellness.

Different investigations showed Juice Plus+[®] improved various markers of vascular health, including decreased homocysteine levels, and helped maintain normal blood vessel elasticity after a high-fat meal.

*Tokyo Women's Medical University²
 †Vanderbilt University School of Medicine⁴
 *University of Sydney, Australia⁶
 Foggia, Italy¹⁶
 **University of Maryland School of Medicine¹⁷
 *University of Milan, Italy¹⁹
 *University of Witten-Herdecke, Germany²¹

Juice Plus+[®] supports healthy skin.

Proper circulation is important for healthy skin, because it ensures the delivery of nutrients and oxygen to skin tissue, giving it a healthy glow. Researchers found Juice Plus+[®] increases skin circulation by 39%. Juice Plus+[®] also boosts skin hydration, skin thickness, and skin density.

*University of Witten-Herdecke, Germany²¹

Juice Plus+[®] supports healthy gums.

Periodontitis is a condition in which the gums recede from the teeth, creating pockets that become infected. Left untreated, it can lead to tooth loss. A study of adults with periodontitis found that Juice Plus+[®] helped reduce the depth of gum pockets and decrease gum bleeding when used in addition to standard deep cleaning therapy.

*University of Birmingham, England²²

Juice PLUS+

Clinical Research Currently Underway

In addition to the clinical studies on Juice Plus+® already published there are numerous others currently underway.

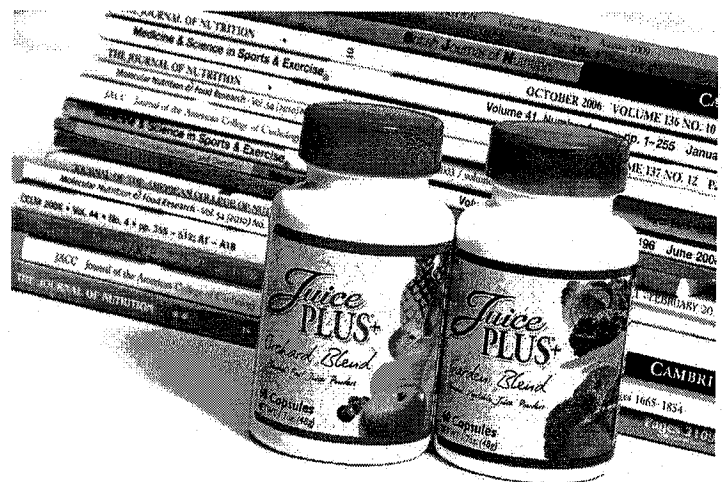
RESEARCHERS FROM:	ARE INVESTIGATING THE EFFECT(S) OF JUICE PLUS+® ON:
*University of Mississippi Medical Center	Pregnancy health.
*Wake Forest University, funded by the National Cancer Institute of the National Institutes of Health	Nutritional status and various markers of cell health.
**University of Würzburg, Germany University of Birmingham, England Academic Centre for Dentistry Amsterdam, The Netherlands	Periodontal (gum) health.
*University of Birmingham, England	Healthy healing from wisdom tooth extraction.
*Canada	Markers of oxidation in healthy adults.
**Medical University of Graz, Austria	Markers of exercise-induced oxidative stress in overweight women.

*Randomized, double-blind, placebo-controlled investigation.

*This investigation is being conducted only on the combination of Juice Plus+® Orchard, Garden and Vineyard Blends.

Full text reprints are available on request.

1. *Molecular Nutrition & Food Research* 2010; 54: 1506-1514
2. *Asia Pacific Journal of Clinical Nutrition* 2007; 16:411-421
3. *Journal of Nutrition* 2006; 136:2606-2610
4. *eCAM* 2007; 4:455-462
5. *Journal of the American College of Nutrition* 2004; 23:205-211
6. *Journal of Nutrition* 2003; 133:2188-2193
7. *Journal of Human Nutrition and Dietetics* 2000; 13:21-27
8. *Nutrition Research* 1999; 19:1507-1518
9. *Integrative Medicine* 1999; 2:3-10
10. *Current Therapeutic Research* 1996; 57:445-461
11. *Journal of Nutrition* 2007; 137:2737-2741
12. *Medicine & Science in Sports & Exercise* 2009; 41:155-163
13. *Medicine & Science in Sports & Exercise* 2006; 38:1098-1105
14. *Medicine & Science in Sports & Exercise* 2011; 43: 501-508
15. *British Journal of Nutrition* 2011; 105: 118-122
16. *Nutrition Research* 2003; 23:1221-1228
17. *Journal of the American College of Cardiology* 2003; 41:1744-1749
18. *International Journal of Food Sciences and Nutrition* 2009; 60:S65-75
19. *Journal of the American College of Nutrition* 2011; 30(1): 49-56
20. *Clinical Chemistry and Laboratory Medicine* 2006; 44: 391-395
21. *Skin Pharmacology and Physiology* 2012; 25: 2-8
22. *Journal of Clinical Periodontology* 2012; 39: 62-72
23. *Molecular Nutrition & Food Research* 2012; 56(4): 666-670
24. *Gynecologic Oncology* 2012; 124(3): 410-416
25. *Journal of Pediatrics* 2012; 161(1): 58-64



For more information about research conducted on Juice Plus+®, please visit <http://www.CallMeHealthy.com>

JUICE PLUS+®

FRAN SIMPSON – 800-455-1740

www.CallMeHealthy.com

Fran@CallMeHealthy.com

Why Juice Plus+®:

- Whole food – 17 fruits, veggies, grains; 9 berries and grapes – in capsules and soft chewables
- Fills the gap – We need 7-13 servings of fruits & veggies/day. Who can do that?
- Simple, affordable, effective, proven. Pesticide/herbicide free.
- Provides variety & consistency of vine- and tree-ripened produce -- everyday!

25 peer-reviewed, independent clinical studies at top university/hospital centers with Juice Plus+® on people prove:

- ABSORBED BY THE BODY**
- REDUCES OXIDATIVE STRESS**
- REDUCES KEY BIOMARKERS OF SYSTEMIC INFLAMMATION**
- SUPPORTS HEALTHY IMMUNE SYSTEM**
- HELPS PROTECT DNA**
- SUPPORTS CARDIOVASCULAR WELLNESS**
- SUPPORTS HEALTHY SKIN**
- SUPPORTS HEALTHY GUMS**

Most disease is preventable. What are you doing to protect your health?

COST: \$1.39/day for 17 raw fruits, veggies, grains (Orchard/Garden capsules)
\$0.89/day for 9 berries and grapes (Vineyard capsules)
(Soft Chewables are 9 cents more/day)

CHILDREN'S HEALTH STUDY – Juice Plus+® free for four years for kids ages 4 yrs. to full-time college students. Adult buys Orchard/Garden capsules and child's JP+ is free. Over 800,000 children and 800,000 adults have participated in this large survey study.

JUICE PLUS+®

ORCHARD/GARDEN BLEND

(capsules or soft chewables):

Apple	Carrot
Orange	Parsley
Pineapple	Beet
Cranberry	Kale
Papaya	Broccoli
Peach	Cabbage
Acerola Cherry	Spinach
	Tomato
	Oat Bran
	Brown Rice Bran

JUICE PLUS+®

VINEYARD BLEND

(capsules or soft chewables)

Concord Grape
Blueberry
Cranberry
Blackberry
Bilberry
Raspberry
Red Currant
Black Current
Elderberry
Ginger Root
Grape Seed
Green Tea

JUICE PLUS+® COMPLETE: Delicious smoothie mix. All plant based. 13 grams of protein; 8 grams of fiber. 120 calories per serving (vanilla or chocolate). Healthy meal replacement; pre- or post-workout; healthy snack; healthy breakfast (\$1.98/serving)