

JUICE PLUS+ INGREDIENTS

Almost all the sugar and sodium have been removed from the juice powders used to make Juice Plus+

ORCHARD BLEND (Fruits)

APPLES: A good source of boron, which has been shown to increase mental alertness and boost estrogen in postmenopausal women. Helps reduce cholesterol and contains many cancer-fighting phytochemicals.

ACEROLA CHERRIES: A rich source of calcium, vitamin C and anthocyanins. Anti-cancer, helps prevent osteoporosis and osteoarthritis.

CRANBERRIES: Strong antibiotic and antiviral. Helps prevent bladder infections.

ORANGES: Contains natural cancer inhibitors like beta carotene, terpenes and flavonoids. A great source of vitamin C.

PAPAYAS: A rich source of papain and boron. Contains powerful antioxidants, vitamin C and beta carotene.

PEACHES: Contains boron which aids in calcium absorption. Rich in antioxidants, such as beta carotene and vitamin C.

PINEAPPLES: High in manganese and bromelain, which is a protease with anti-inflammatory, anti-edema properties. Aids digestion, helps dissolve blood clots. And helps prevent osteoporosis, bone fractures. Antibacterial, antiviral, helps menopause.

ENZYME BLEND: Bromelain, Papain, Lipase, Amylase, Protease, Cellulase.

SOLUBLE AND INSOLUBLE FIBERS: Apple Pectin, Citrus Pectin, Date Fiber, Prune Powder, Glucomannan, Dried Plant Fiber. Cleanses the system, lowers cholesterol and blood pressure.

LACTOBACILLUS ACIDOPHILUS: Naturally occurring bacteria found in the intestinal tract. Enhances digestion.

OTHER FOOD ACTIVES: Citrus Bioflavonoids, Anthocyanins, Polyphenol Catechins, Dunaliella Salina, Indole Carbinols.

GARDEN BLEND (Veggies)

BEETS: High in folic acid, an antidepressant. Contains iron, calcium, potassium. Enhances liver and gallbladder function, builds blood corpuscles and cells. Stimulates lymph glands. Anti-cancer.

BROCCOLI: Contains many anti-cancer substances such as beta carotene, vitamin C and indoles. Helps keep cholesterol levels steady and protects the heart.

Contains as much calcium per serving as milk. Antiviral activity. A super source of chromium, which helps regulate insulin and blood sugar.

CABBAGE: Contains numerous antioxidants. Helps speed up estrogen and metabolism. Anti-cancer, anti-ulcer, antibacterial, antiviral.

CARROTS: A super food source for beta carotene, a powerful anti-cancer, artery-protecting, immune-boosting, infection-fighting antioxidant.

KALE: A rich source of many antioxidants. Powerful disease-fighting vegetable.

PARSLEY: Anti-cancer due to its high concentrations of antioxidants, e.g. monoterpenes, phthalides, polyacetylenes. Helps neutralize carcinogens in tobacco smoke. Has diuretic activity. May reduce plaque in arteries and help prevent unhealthy blood clotting. Rich source of folic acid.

SPINACH: Rich source of antioxidants and cancer antagonists. Helps control cholesterol.

TOMATO: A rich source of lycopenes, a powerful antioxidant for reducing risk of skin, stomach, bladder and prostate cancer.

ENZYME BLEND: Lipase, Amylase, Protease, Cellulase.

SOLUBLE AND INSOLUBLE FIBERS: Beet Fiber, Barley Bran (no gluten), Oat Bran (no gluten), Cabbage Fiber, Glucomannan, Plant Cellulose, Dried Plant Fiber. Cleanses digestive tract. Lowers blood pressure and cholesterol. Fights cancer and heart disease.

LACTOBACILLUS ACIDOPHILUS: Naturally occurring bacteria found in the intestinal tract. Enhances digestion.

OTHER FOOD ACTIVES: Anthocyanins, Allicin, Lycopene, Polyphenol Catechins, Dunaliella Salina, Indole Carbinols.

Recommended Daily

Recommendation for Adults

Capsules: 2 Fruit in the am + 2 Vegetables in the pm

Chewables: 4 Fruit in the am + 4 Vegetables in the pm

Gummies: 6 Fruit in the am + 6 Vegetables in the pm

Recommendation for Children

Age—2+ Years—2 Capsules or 4 Chewables or 6 Gummies divided: Fruit am and Vegetable pm

From 80-100 lbs Weight—Adult Quantity Is Appropriate

Recommendation for Infants

Once your child is on solid foods, you can introduce a few granules from inside a capsule of fruit JP at each breakfast meal. Mix it directly into a spoon of food. Never add powder to warm or hot food. Do not delay giving the JP to the child once it is on the spoon. Do not mix JP into the food to stir or into a liquid to dissolve. It must go on the spoon of food and into the mouth immediately. Under a year, you can use a full 2 months to gradually (by adding more and more granules every 3-4 days to spoons of food) building up to one fruit capsule AM and one vegetable capsule with lunch or dinner.

When using just a few granules from a capsule, mom then closes the capsule and takes the remainder herself as part of her 2 & 2 regimen.

An addendum for breast-feeding moms: Starting Juice Plus should begin with nursing! (Even better...during pregnancy!) Instead of 1 and 1, let mom start with ½ and ½ capsules for 6 days so baby gets adjusted to the new milk...then 1 and 1 for 6 days; 1 ½ and 1 ½; finally in almost the 4th week, she will be up to 2 and 2 unless mom was taking during pregnancy because then the baby will already be used to the ingredients of JP.