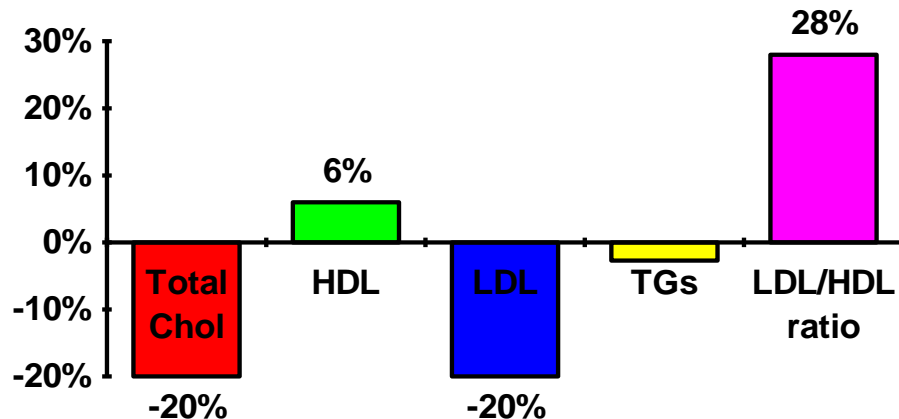


CHANGES IN LDL AND TOTAL CHOLESTEROL LEVELS IN RESPONSE TO SUPPLEMENTATION WITH CONCENTRATED FRUIT AND VEGETABLE POWDERS: CLINICAL OBSERVATIONS¹

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- The purpose of this project was to observe the effect of nutritional supplementation with concentrated fruit and vegetable powders in the ongoing case management of patients with hyper-lipidemia.
- Seven patients, each with a long-term history of hyper-lipidemia and heart disease (concurrently being managed with dietary restrictions and lipid-lowering drugs) were invited to supplement their daily diet with encapsulated, concentrated fruit and vegetable powders (*Juice PLUS+™*).
- Pre and post supplementation lipid levels were compared for each patient.
- Within a period of 6-10 weeks, *all* of the patients experienced an improvement in their lipid levels, with an average decrease of 20% in both total cholesterol levels, and LDL levels, along with a 28% improvement in LDL/HDL ratios.
- It appears that nutritional supplementation with concentrated fruit and vegetable powders offers a safe and effective adjunct to lipid-lowering drugs.
- Additional studies are planned to observe their effectiveness as a first course of treatment of hyper-lipidemia, as well as with other chronic health care challenges.

**Average change in cholesterol levels after
starting Juice Plus (n = 7)**



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