

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 Carolina ¹ *Tokyo Women's Medical University ² *University of Florida ³ *Vanderbilt University School of Medicine ⁴ *Medical University of Vienna, Austria ⁵ *University of Sydney, Australia ⁶ King's College, London, England ⁷ Brigham Young University ⁸ University of Arizona ⁹ University of Texas Health Science Center ¹⁰ *UCLA/Georgetown University ¹⁸ *University of Milan, Italy ²⁰ *University of Witten-Herdecke, Germany ²¹ University of Texas MD Anderson Cancer Center ²⁴ *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 Carolina ¹ *Tokyo Women's Medical University ² *University of Florida ³ King's College, London, England ⁷ University of Texas Health Science Center ¹⁰ **Medical University of Graz, Austria ^{11,12} *University of North Carolina – Greensboro ^{13,14} *University of Milan, Italy ^{19,20}
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 Carolina ¹ **Medical University of Graz, Austria ¹¹
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 Florida ³ University of Arizona ⁹ **Medical University of Graz, Austria ¹¹ *Charité University Medical Center, Berlin, Germany ¹⁵
Juice Plus+ [®] helps protect DNA.	Good nutrition is also important to protect DNA from oxidative damage. Studies show a reduction from baseline DNA damage after Juice Plus+ [®] .	*University of Florida ³ Brigham Young University ⁸ *University of South Carolina ²³
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 University ² *Vanderbilt University School of Medicine ⁴ *University of Sydney, Australia ⁶ Foggia, Italy ¹⁶ *University of Maryland School of Medicine ¹⁷ *University of Milan, Italy ¹⁹ *University of Witten-Herdecke, Germany ²¹
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, Germany ²¹
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, England ²²

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

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

Full text reprints are available on request.

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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.

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