



Juice Plus+® Science

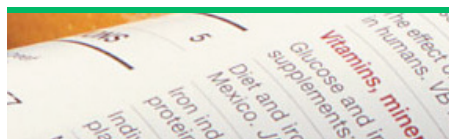
Clinical research published in peer-reviewed scientific journals

Unlike most diet and nutrition products, Juice Plus+ is backed by numerous scientific studies conducted specifically on our product. See for yourself the findings from researchers at leading hospitals and universities across the country and around the world:

[Medical University of Vienna Study](#)
[University of Sydney in Australia Study](#)
[Kings College in London Study](#)
[Brigham Young University Study](#)
[University of Arizona Study](#)

[University of Texas Health Science Center Study](#)
[Foggia Italy Study](#)
[University of Maryland Study](#)
[American College of Cardiology 2003](#)

Clinical Research ▶



The many healthful benefits of Juice Plus+ have been demonstrated through numerous independent clinical research studies conducted in leading hospitals and universities by investigators in the United States, England, Australia, Austria, Italy, and Japan. [Learn More.](#)

Research Shows ▶



Read an informative summary of the available research, demonstrating the benefits of Juice Plus+. [Learn More.](#)



Results of Juice Plus+® Clinical Research

Clinical studies published in peer-reviewed scientific journals have demonstrated that:

- **Juice Plus+ delivers key phytonutrients that are absorbed by the body.**

Investigators at the [Tokyo Women's Medical University](#) and the [Medical University of Vienna](#) studied the bioavailability (absorption by the body) of select nutrients found in Juice Plus+ and concluded that Juice Plus+ effectively increases antioxidant nutrients and folate. Other published studies have also shown various phytonutrients in Juice Plus+ are bioavailable. These studies were conducted by independent researchers at the [University of Sydney in Australia](#), [King's College in London](#), [Brigham Young University](#), the [University of Arizona](#), and the [University of Texas Health Science Center](#).

- **Juice Plus+ reduces oxidative stress.**

Several of these bioavailability studies also reported improved antioxidant capacity and reduced lipid peroxides, a key indicator of oxidative stress. In addition, researchers at the [Medical University of Graz, Austria](#) and the [University of North Carolina, Greensboro](#) found that Juice Plus+ Orchard, Garden and Vineyard Blends together were effective in reducing a marker for oxidative stress associated with aerobic exercise.

- **Juice Plus+ helps support a healthy immune system.**

A healthy immune system protects the body, and good nutrition is important for a healthy immune system. Published clinical research indicated that Juice Plus+ supports several measures of immune function - in law school students at the [University of Florida](#) and in elderly people in a study conducted at the [University of Arizona](#).

- **Juice Plus+ helps protect DNA.**

A diet rich in nutrition from fruits and vegetables is also important to protect DNA from oxidative damage, which can weaken the structural integrity of DNA. DNA becomes damaged and fragile when exposed to oxidative stress; antioxidants from fruits and vegetables can help protect DNA from this damage. Studies conducted have shown a reduction in DNA damage after taking Juice Plus+ in young adults at the [University of Florida](#) and in an elderly population at [Brigham Young University](#).

- **Juice Plus+ positively impacts several key indicators of cardiovascular wellness.**

Homocysteine is an amino acid that is found in the blood. Maintaining healthy homocysteine levels is important for the heart and cardiovascular system. A clinical study at the [University of Sydney in Australia](#) reported a reduction in homocysteine levels - even though the levels of the Australian subjects were already within an acceptable range. Researchers in [Foggia, Italy](#) also found a reduction of homocysteine levels in subjects with elevated levels of homocysteine.

Researchers at the [University of Maryland School of Medicine](#) found that subjects who consumed Juice Plus+ were better able to maintain the elasticity of arteries, even after a high-fat meal.

Investigators at [Vanderbilt University School of Medicine](#) monitored several measures of vascular health in a low risk population who took Juice Plus+ for two years and noted various improvements with no adverse side effects.



What Experts Say

The large and growing body of Juice Plus clinical research is leading to increasingly wide acceptance of Juice Plus+ among doctors and other health professionals. Many now recommend Juice Plus+ to their patients and clients.

Read and listen to what a few of them have to say about the importance of eating more fruits and vegetables and the role that Juice Plus+ can play.



[Pamela Benitez, M.D. | Video](#)

General Surgery
Royal Oak, Michigan



[Mitra Ray, Ph.D. | Video](#)

Research Biologist
Bellevue, Washington



[Richard E. DuBois, M.D. | Video](#)

Internal Medicine and Infectious Diseases
Atlanta, Georgia



[Jan Roberto, M.D. | Video](#)

Family Medicine
Springfield, Ohio



[Titus Duncan, M.D. | Video](#)

Laparoscopic and Bariatric Surgery
Atlanta, Georgia



[Tamara M. Sachs, M.D. | Video](#)

Internal Medicine
Washington, Connecticut



[Frank K. Eggleston, D.D.S. | Video](#)

Restorative and Operative Dentistry
Houston, Texas



[William Sears, M.D. | Video](#)

Pediatrics
San Clemente, California



[Michael Ewald, D.C. | Video](#)

Chiropractic Physician
Dayton, Ohio



[Susan Silberstein, Ph.D. | Video](#)

Executive Director: Center for
Advancement in Cancer Education
Philadelphia, Pennsylvania



[Marla Friedman, Ph.D. | Video](#)

Psychology and Nutrition
Glen Cove, New York



[Paul Stricker, M.D. | Video](#)

Pediatric and Sports Medicine
San Diego, California



[Delia Garcia, M.D. | Video](#)

Radiation Oncology
St. Louis, Missouri



[Gerald Tulzer, M.D. | Video](#)

Pediatric Cardiology
Linz, Austria



[Doug Odom, M.D. | Video](#)

Obstetrics and Gynecology
Jackson, Mississippi



[Rick Wilson, M.D. | Video](#)

Dermatology and Dermatologic Surgery
Plano, Texas



[David Phillips, M.D. | Video](#)

Sports Medicine
Atlanta, Georgia

The individuals featured here are just a few of the many health professionals who have elected to share Juice Plus+ with their patients and colleagues as Juice Plus+ distributors.