

YOUR JUICE PLUS+ CONTACT

JANE SMITH 901.123.4567

Email Jane | Visit website

Dear <customer first name>.

Welcome to the Juice Plus+* family. Congratulations on taking this important step to bridge that gap between the nutrition your body needs and your daily intake of fruits and vegetables. And, thank you for trusting us to be your partner for better health.



QUICK TIPS

How to Add Juice Plus+ to Your Life

To begin enjoying the benefits of Juice Plus+, it's important to incorporate it into your daily routine as quickly as possible. Here are some suggestions:

- + Add it to an existing routine, such as drinking morning coffee, eating breakfast or packing your lunch.
- Enlist a coach from your family, friends or colleagues, and ask him or her to remind you daily.
- + Place a reminder in an obvious place, such as by the front door or on your medicine cabinet, or as an alarm on your mobile phone.
- + Keep a backup supply in your purse, briefcase or desk. If you miss your usual time, you can take it as soon as you remember.



Read more about the importance of whole food based nutrition



FROM THE EXPERTS

Everyone can benefit from the daily 'safety net' of consistent nutrition provided by Juice Plus+.



Jan Roberto, M.D., an expert in family medicine

WATCH VIDEO

We hope you enjoyed this email. You'll be receiving them every couple weeks as we check in with more tips and information to help you succeed in your goal of a healthler lifestyle. Meantime, please add JuicePlus@juiceplus.com to your address book.



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Dear <customer first name>,

It's been about two weeks since you ordered Juice Plus+*. We hope you are developing the habit of taking it every day so that you will begin to experience its profound effects in the coming weeks.



QUICK TIPS

5 Ways to Eat More Fruits & Vegetables

The USDA recommends eating **7–13 servings** every day. If you're like most of us, you fall short of that goal. In addition to taking Juice Plus+ daily, here are a few easy ways to help bridge that gap and fuel your body with good nutrition:

- + Keep it where you can see it. If it's buried in your fridge or pantry, you may forget about fruits and vegetables.
- + Add fruit to your breakfast. Add strawberries, blueberries, or bananas to your waffles, youurt, cereal or oatmeal.
- + Add it to your salad. Include edamame, chickpeas, or beans in your salad. If you have a sweet tooth, add chopped apples, pears, or raisins.
- Stash raisins or dried fruit in your child's backpack and your desk for a healthy, convenient snack.
- **Explore the produce aisle.** Variety is key to a healthy diet; with more colors in your grocery basket, you're eating healthier.



Check out our blog. Lorem ipsum dolor sit amet, consectetur.



FROM THE EXPERTS

Juice Plus+ is a great way to get good nutrition from fruits and vegetables into kids.



William Sears, M.D., world-renowned pediatrician and author





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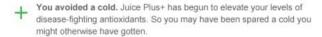
It's been about a month since you ordered Juice Plus+**. By now, you should be experiencing some of the incredible positive effects from taking it, such as an overall healthier feeling and increased energy.

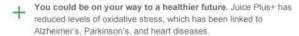


THE JUICE PLUS+ EFFECT

How Juice Plus+ May Be Changing Your Life

There may be some subtle changes going on in your body. Have you been aware of them?





- You're less likely to experience depression or fatigue. Juice Plus+ has increased your folate status, which reduces your risk for depression and fatigue
- Your skin may be healthier. Researchers found Juice Plus+ increases circulation in skin capillaries by 39%, and also boosts skin hydration, skin thickness, and skin density.



Read more about the benefits of Juice Plus+



FROM THE EXPERTS

It is a fact that in cultures where people eat a large number of fruits, vegetables and whole grains, they experience a level of health and longevity that is fast becoming extinct in our modern world of fast food on the run.



Marilyn Joyce, R.D.,





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Dear <customer first name>,

Our hope is that you've been taking your Juice Plus+* every day since it arrived over a month ago. If so, antioxidant levels may have increased in your body, which benefits you in many ways.



HEALTH SPOTLIGHT

Why are antioxidants important?

We encounter disease-causing free radicals every day. Antioxidants such as beta-carotene and vitamins C and E reduce oxidative stress in our cells, which limits the damage free radicals cause. Fruits and vegetables are the best source of antioxidants.

What are the benefits of antioxidants?

- + Fight cancerous cells in the body
- + Protect the heart from inflammation and disease
- Boost the immune system to prevent some illness
- + Promote faster healing in the event of injury or disease
- + Help blood clot properly

What does Juice Plus+ have to do with antioxidants?



Created from whole foods, Juice Plus+ provides the antioxidants found in fruits and vegetables that may be missing from our daily diets. Research has demonstrated that after only 35 days of taking Juice Plus+, oxidative stress can be reduced.

DEAD MODE

FROM THE EXPERTS

[Antioxidants] from fruits and vegetables have the power to turn on good genes and turn off bad ones.



F. Matt Brown, M.D.,

WATCH VIDEO



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Dear <customer first rame».

Congratulations, you've been taking Juice Plus-III for two months. You're probably feeling more energy, experiencing less stress, sleeping more soundly and just overall feeling better than you were two months ago.

One of your trody parts that may be especially happy about your nutritional changes is your heart.



HEALTH SPOTLIGHT.

How Juice Plus+ helps your heart

Homocysteine is an amino acid that is found in the blood. Maintaining healthy homocysteine levels is important for the heart and cardiovascular system.

Subjects in clinical studies were reported to have improved homocysteine levels with the addition of Juice Plus+, taken regularly, in their diet.

READ MORE

What else can you do for your heart?

- Maintain a healthy weight. Carrying extra weight strains your muscles, including your heart muscle.
- Increase how much you exercise. If you're sedentary, get moving. If you move a little, work on moving more.
- Avoid faity meats. Opt for poultry or leaner cuts of beef, pork, or lamb.
 Reduce your intake of processed meats, such as bacon, sausages, and luncheon meats.
- Reduce saft. Soft is almost everywhere, even places you wouldn't expect. Compare the sodium content of products before making your selection.
- Avoid trans fats. Esting trans fats increases the risk of coronary heart disease by raising levels of LDL cholesterol and lowering levels of "good" HDL cholesterol. When cooking, stick to natural sits such as olive, sunflower, and com oils. When dining out, ask the server what type of oil is used and request healther choices.

FROM THE EXPRESTS

I try to explain to my patients and parents every day the role of nutrition and that the conflowscular system is at risk.



all Tuber, M.D., Ph.D.

WATCH VIDEO

Laimn how Juice Plus+® boosts your invisure system v. I. Add JuicePlus@juiceplus.com to your address book



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Dear <customer first name>,

You're now well into your second month of taking Juice Plus+® every day. By this time, your immune system may have experienced a significant boost.



HEALTH SPOTLIGHT

What's so special about my immune system?

- Your immune system's job is to help maintain your body's health, protecting your body from bacterial, parasitic, fungal, and viral infections.
- When working properly, the immune system prevents or slows the growth of tumor cells.
- A compromised immune system increases the risk of cancer, heart disease, inflammation, infection, and more.

How does Juice Plus+ help my immune system?

Juice Plus+ supports your immune system in the same healthy way that whole fruits and vegetables do.

- Increases T-cells, which fight cancer and viruses
- Aids in more natural killer cells, which attack tumor cells and infections
- Supports higher levels of cytokines, hormone-like substances that stimulate the immune system



Read more about the benefits of Juice Plus+



FROM THE EXPERTS

Juice Plus+ strengthens the immune system. None of us know when health challenges will come our way.



Tina Jones, M.D., ternal medicine specialist

WATCH VIDEO



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Dear <customer first name>,

Congratulations! You've completed your first three months of Living Life to the Plus+. Now, we'd like to know how Juice Plus+® has affected your life.



SPECIAL OFFER

Get Your Free Gift

Please take two minutes to complete a confidential survey through your representative. If you have not yet been contacted by her or him, feel free to reach out using the contact information above.

After completing the survey, you will be able to choose your free product: Juice Plus+®Vineyard blend or Juice Plus+® Complete.

TAKE THE SURVEY

I'm so thrilled with Juice Plus+: it's such an easy way for children and their parents to get more of the good nutrition lacking in our diets today.



This completes our introductory email series. You can still keep up with what's going on in the world of Juice Plus through our monthly enewsletter. If you have any questions or comments, contact your representative, or feel free to contact us directly.

FOLLOW US







If you'd rather not receive email updates from Juice Plus+, unsubscribe from our mailing list. @2013 Juice Plus+. All rights reserved. | 140 Crescent Drive, Collierville, TN 38017 We respect your right to privacy. View our privacy policy.

YOUR JUICE PLUS+ CONTACT: JANE SMITH

Get Your Free Gift

Please take two minutes to complete the survey below about your experience with Juice Plus+® over your first few months taking it. Your feedback helps us understand the effect that Juice Plus+ can have on people's nutritional choices and lives.



1. Make Your Selection

The product you choose will be shipped to you along with your second box of Juice Plus+.









Yourself eating more fruits and vegetables?	0	0	0
An increase in the amount of water you drink?	0	0	0
A reduction in the amount of fast food and/or soft drinks you consume?	0	0	0
An improvement in the quality of your sleep?	0	0	0
An increase in your energy level?	0	0	0
An increase in the amount of time you're able to work out? (If you don't work out, select N/A.)	0	0	0
An increase in the quality of your workout? (If you don't work out, select N/A.)	0	0	0
Any weight loss (if you felt you needed to lose weight)?	0	0	0
A reduction in the number of cold or flu-like symptoms?	0	0	0
A decrease in the number of prescriptions or over-the-counter medications you're taking?	0	0	0
A decrease in the number of visits to your healthcare provider?	0	0	0
(Or has your dentist noticed) healthier gums — things like less bleeding when brushing or flossing, or a healthier pink color?	0	0	0
(Or has your hair dresser noticed) indications of healthier hair — things like shinler hair, stronger hair, or more hair growth?	0	0	0

2. Complete The Juice Plus+ Effect Survey Form

During the 90-day period that you have been taking Juice Plus+, have you noticed	YES	NO	N/A
Yourself eating more fruits and vegetables?	0	0	0
An increase in the amount of water you drink?	0	0	0
A reduction in the amount of fast food and/or soft drinks you consume?	0	0	0
An improvement in the quality of your sleep?	0	0	0
An increase in your energy level?	0	0	0
An increase in the amount of time you're able to work out? (If you don't work out, select N/A.)	0	0	0
An increase in the quality of your workout? (If you don't work out, select N/A.)	0	0	0
Any weight loss (if you felt you needed to lose weight)?	0	\circ	0
A reduction in the number of cold or flu-like symptoms?	0	0	0
A decrease in the number of prescriptions or over-the-counter medications you're taking?	0	0	0
A decrease in the number of visits to your healthcare provider?	0	0	0
(Or has your dentist noticed) healthier gums — things like less bleeding when brushing or flossing, or a healthier pink color?	0	0	0
(Or has your hair dresser noticed) indications of healthier hair — things like shinler hair, stronger hair, or more hair growth?	0	0	0

SUBMIT THIS SURVEY FOR YOUR FREE GIFT