

Research shows that...	Clinical Research Findings	Researchers' Institutions
<p>Juice Plus+<sup>®</sup> delivers key phytonutrients that are absorbed by the body.</p>	<p>Several researchers have studied the bioavailability (absorption by the body) of key nutrients found in Juice Plus+<sup>®</sup> and reported Juice Plus+<sup>®</sup> effectively increased plasma levels of antioxidant nutrients and other phytonutrients.</p>	<p>*University of South Carolina<sup>1</sup>            *Tokyo Women's Medical University<sup>2</sup>            *University of Florida<sup>3</sup>            *Vanderbilt University School of Medicine<sup>4</sup>            *Medical University of Vienna, Austria<sup>5</sup>            *University of Sydney, Australia<sup>6</sup>            King's College, London, England<sup>7</sup>            Brigham Young University<sup>8</sup>            University of Arizona<sup>9</sup>            University of Texas Health Science Center<sup>10</sup>            *UCLA/Georgetown University<sup>18</sup></p>
<p>Juice Plus+<sup>®</sup> reduces oxidative stress.</p>	<p>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+<sup>®</sup> Orchard, Garden and Vineyard Blends together were effective in reducing a marker for oxidative stress associated with aerobic exercise.</p>	<p>*University of South Carolina<sup>1</sup>            *Tokyo Women's Medical University<sup>2</sup>            *University of Florida<sup>3</sup>            King's College, London, England<sup>7</sup>            University of Texas Health Science Center<sup>10</sup>            *Medical University of Graz, Austria<sup>11,12</sup>            *University of North Carolina – Greensboro<sup>13,14</sup></p>
<p>Juice Plus+<sup>®</sup> positively impacts markers of systemic inflammation.</p>	<p>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+<sup>®</sup> significantly decreased levels of three key biomarkers of inflammation in both groups.</p>	<p>*University of South Carolina<sup>1</sup></p>
<p>Juice Plus+<sup>®</sup> helps support a healthy immune system.</p>	<p>Good nutrition is important for normal function of the immune system. Investigators have found Juice Plus+<sup>®</sup> supports markers of proper immune function.</p>	<p>*University of Florida<sup>3</sup>            University of Arizona<sup>9</sup>            *Medical University of Graz, Austria<sup>11</sup>            *Charité University Medical Center, Berlin, Germany<sup>15</sup></p>
<p>Juice Plus+<sup>®</sup> helps protect DNA.</p>	<p>Good nutrition is also important to protect DNA from oxidative damage. Studies show a reduction from baseline DNA damage after Juice Plus+<sup>®</sup>.</p>	<p>*University of Florida<sup>3</sup>            Brigham Young University<sup>8</sup></p>
<p>Juice Plus+<sup>®</sup> positively impacts several key indicators of cardiovascular wellness.</p>	<p>Different investigations showed Juice Plus+<sup>®</sup> improved various markers of vascular health, including decreased homocysteine levels, and helped maintain normal blood vessel elasticity after a high-fat meal.</p>	<p>*Tokyo Women's Medical University<sup>2</sup>            *Vanderbilt University School of Medicine<sup>4</sup>            *University of Sydney, Australia<sup>6</sup>            Foggia, Italy<sup>16</sup>            *University of Maryland School of Medicine<sup>17</sup></p>

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

†This investigation was conducted only on the combination of Juice Plus+<sup>®</sup> Orchard, Garden and Vineyard Blends.

Full text reprints are available on request.

1. *Molecular Nutrition and Food Research* 2010; 54: 1506–1514
2. *Asia Pacific Journal of Clinical Nutrition* 2007; 16:411-421
3. *Journal of Nutrition* 2006; 136:2606-2610
4. *eCAM* 2007; 4:455-462
5. *Journal of the American College of Nutrition* 2004; 23:205-211
6. *Journal of Nutrition* 2003; 133:2188-2193
7. *Journal of Human Nutrition and Dietetics* 2000; 13:21-27
8. *Nutrition Research* 1999; 19:1507-1518
9. *Integrative Medicine* 1999; 2:3-10

10. *Current Therapeutic Research* 1996; 57:445-461
11. *Journal of Nutrition* 2007; 137:2737-2741
12. *Medicine & Science in Sports & Exercise* 2009; 41:155-163
13. *Medicine & Science in Sports & Exercise* 2006; 38:1098-1105
14. *Medicine & Science in Sports & Exercise* 2011; 43: 501-508
15. *British Journal of Nutrition* 2011; 105: 118-122
16. *Nutrition Research* 2003; 23:1221-1228
17. *Journal of the American College of Cardiology* 2003; 41:1744-1749
18. *International Journal of Food Sciences and Nutrition* 2009; 60:S65-75

# Juice PLUS<sup>®</sup> CLINICAL RESEARCH CURRENTLY UNDERWAY

In addition to the clinical studies on Juice Plus<sup>®</sup> already published there are numerous others currently underway.

Researchers from:	Are investigating the effect(s) of Juice Plus <sup>®</sup> 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 Texas/MD Anderson Cancer Center	Nutritional status and quality of life.
*University of Milan, Italy	Nutritional status in smokers.
*†Yale University-Griffin Hospital Prevention Research Center	Endothelial function.
*†University of Würzburg, Germany University of Birmingham, England Academic Centre for Dentistry Amsterdam, The Netherlands	Periodontal (gum) health.
*University of Birmingham, England	Periodontal (gum) health.
*University of Birmingham, England	Healthy healing from wisdom tooth extraction.
*Canada	Markers of oxidation in healthy adults.
*University of Witten-Herdecke, Germany	Markers of skin health.

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

†This investigation is being conducted only on the combination of Juice Plus<sup>®</sup> Orchard, Garden and Vineyard Blends.

March 2011  
955032