

Juice Plus+ ... Just Take It!

"When is it best to take Juice Plus+?"

It really doesn't matter. *I suggest you start by taking ONE fruit capsule with a large glass of water at breakfast, and ONE vegetable capsule with a large glass of water at lunch or dinner. After 3-4 days, double up to the recommended 2+2 capsules daily. If you have trouble remembering to take them, by all means take all four capsules at the same time, once you've been taking Juice Plus+ for a week or two.*



If you are starting with the Trio (Vineyard Blend as well as Orchard and Garden), then *"I suggest you take the Orchard Blend at breakfast, the Garden Blend at lunch and the Vineyard Blend at dinner time (with plenty of water each time). By all means, once you've been taking Juice Plus+ for a week or two, take all six capsules at the same time, if that's the only way you can remember."*

When and How to take Juice Plus+ by Dr. Mitra Ray, PhD

Dispelling the Myths

When Juice Plus+ first came out, there was a ton of "urban myths" generated about when and how to take Juice Plus+. Here are some examples that I am finding still exist today.

Myth 1. Taking Juice Plus+ with hot liquids will destroy the enzymes in the blend.

Myth 2. You have to take fruits and vegetables separately as the body digests them differently.

Myth 3. You have to take fruits in the morning and the veggies in the evening.

Myth 4. You shouldn't take all your Juice Plus+ blends at once in the morning, as they will not protect you later in the day.

Now, it is understandable how these myths came about since Juice Plus+ was a novel whole food supplement and people were applying some of the rules that applied to food.

But let me dismiss each with some reasoning and some findings from the research itself.

First of all, you couldn't drink a liquid hot enough to destroy the enzymes in the product.

Secondly, because the fruits and veggies have all been juiced and turned into a powder, there is no digestion required for the body, so you don't have to worry about combining the Orchard, Garden and Vineyard blends. Also, the research bears out the effectiveness of combining all the blends because – now this is quite interesting – when they started doing double-blinded, placebo-controlled research, they realized that some people had already been exposed to Juice Plus+. And double-blind means that neither the subjects nor the investigators should know who is taking Juice Plus+ and who is taking placebo. So to make the product look different from what is marketed and the same as the placebo – they combined all the 3 blends into one large, horse pill! And so, the research proved that combining the blends still works!

Furthermore, the research shows a carryover effect with Juice Plus+.

What is carryover? Well unlike traditional isolated vitamin and antioxidant supplements, the nutrients in Juice Plus+ are recognized the same as whole food and certain nutrients are sequestered into certain tissues of the body and stored there. This provides at least 24 hours of additional protection, which is unlike isolated supplements, where only a small percentage of the nutrients get absorbed in the blood and is only effective for a few hours at best.

Now if you are into reading clinical papers and want to know more of the details, you might want to pick up the study published in the **Journal of the American College of Cardiology**, done at the University of Maryland. Before studying Juice Plus+, Drs. Plotnick and Vogel – who are leaders in the field of cardiology – had never seen a carryover effect when using traditional supplements to curtail the spasm of arteries post a high-fat meal.

When and How Should I Take Juice Plus+?

Now to get back to when and how to take Juice Plus+, you can take your Juice Plus+, however it works for you. Sure it is best to take it with a large glass of pure, clean water. But if you find yourself in a restaurant and the waiter just isn't bringing you your water and you've got a glass of wine there, and just remembered that you have to take your Juice Plus+, then just take it!! Of course water is ideal and studies have shown that the tannic acid in coffee or wine does slightly diminish the absorption of nutrients and I certainly don't wish to advise people to take their Juice Plus+ daily with coffee or alcohol. Yet, neither do I want people to think that taking it with a drink will be equivalent to flushing it down the toilet.

Now some people can only remember to take their Juice Plus+ in the morning. Great, take all six capsules, 2 Orchard, 2 Garden and 2 Vineyard all at once in the morning. Some people need to put it near their toothbrush and take 3 in the am and 3 in the pm when the brush their teeth. Great!

Some people who are quite sensitive, and can only take the Garden blend in the morning. Otherwise it gives them too much energy and they can't sleep well. For those, definitely get your veggies in earlier in the day. If you ever go to a juice bar and notice an energy drinks they have will have lots of veggies in the juice. Veggies are energy giving naturally. That is why the Japanese traditionally have veggies in the morning.

How Much Juice Plus+ Should I Take?

Some people want to take more because they are pregnant or have a health challenge. That is fine as well because you really cannot overdose on Juice Plus+.

And folks, Juice Plus+ is cleansing and detoxifying your body 24/7, no matter when you take it, as long as you take it. So the bottom line is Just Take It – at least the recommended amount - however it works for you.

What Happens When I Take Juice Plus+?

Our 20 years of published research answers the question. Click on the image below for a full-size version.

What happens when I take Juice Plus+®

Immediate	7-14 days	28 days	42 days	80 days
<p>Journal of the American College of Cardiology 2003 University of Maryland</p> <ul style="list-style-type: none"> Reduces the immediate impact (vasoconstriction) of a high fat meal by 40%-50% down to 16%. Reduction was 0% in group taking the addition of Vineyard blend. 	<p>Journal of Human Nutrition & Dietetics 2000 King's College, London</p> <p>After 7 days</p> <ul style="list-style-type: none"> Increase in key antioxidant Decrease in lipid peroxides <p>Medicine & Science in Sports & Exercise University of North Carolina Greensboro</p> <p>After 14 days</p> <ul style="list-style-type: none"> Juice Plus+® with its substantially lower amounts of vitamins C and E provided similar antioxidant benefits compared to large doses of freestanding vitamins C and E. <p>Tokyo womens Medical University, Asia Pacific Journal of Clinical Nutrition 2007</p> <p>Increase in micronutrients</p> <ul style="list-style-type: none"> Beta-carotene 528% Lycopene 80% Alphatocopheral 39% Folate 174% Reduction in Homocysteine -19.9% Lipid peroxides -10.5% Urine 8OHdG -21.1% <p>Results were similar in smokers & non smokers.</p> <p>University Nth Carolina Greensborough, Medicine & Science in Sports & Exercise 2011.</p> <ul style="list-style-type: none"> Showed reduction in blood oxidative stress under acute Eccentric Exercise. 	<p>Current Therapeutics 1996 University of Texas, USA</p> <p>Significant increase in blood plasma levels of key antioxidants</p> <ul style="list-style-type: none"> Beta-carotene +510% Lutein / Zeaxanthin +44% Lycopene +204% Alpha tocopherol +58% Lipid peroxides -75% (undetectable in 1/3 of people) <p>Nutrition Research 2003 Foggia, Italy</p> <ul style="list-style-type: none"> Increase in folate levels Decrease in homocysteine levels <p>University of Florida, The Journal of Nutrition 2006.</p> <ul style="list-style-type: none"> Significant increase in Plasma vitamin C, B-carotene, lycopene & lutein. PLASMA ORAC increased 50% Significant improvement to healthy immune system & reduction in DNA strand breaks. <p>Georgetown University Medical Centre Washington, Journal of Food Science & Nutrition 2009.</p> <ul style="list-style-type: none"> Increased levels in B-carotene & a-tocopheral. Increased levels persisted 2-4 weeks after supplementation ceased. 	<p>Journal of Nutrition 2003 University of Sydney</p> <ul style="list-style-type: none"> Significant increase in blood levels of key antioxidants Increased folate levels Increased resistance to LDL cholesterol oxidation Decrease in homocysteine levels <p>University of Vienna Austria, Journal of the American College of Nutrition 2004</p> <ul style="list-style-type: none"> Healthy middle age men & women. Significant increase to B-carotene, vitamin C, vitamin E, selenium & folate. <p>University South Carolina USA Molecular Nutrition Food Research 2010</p> <ul style="list-style-type: none"> Significant reduction in monocyte chemotactic protein-1, Macrophase inflammation protein 1-b & RANTES levels & superoxide dismutase & micronutrients (B-carotene, vitamin C, vitamin E) were significantly increased 	<p>Integrative Medicine 1999 University of Arizona</p> <ul style="list-style-type: none"> Increased levels of key antioxidants leading to improvement in markers for the immune system <p>Nutrition Research 1999 Brigham Young University</p> <ul style="list-style-type: none"> DNA damage was reduced by 66% <p>Journal of the American College of Nutrition 2004 Medical University, Vienna, Austria</p> <ul style="list-style-type: none"> Increase in serum antioxidants Increase in folate levels Significant increase in selenium levels <p>Vanderbilt University School of Medicine 2007</p> <ul style="list-style-type: none"> 2yr follow up JP+ subjects showed Decrease in systolic & diastolic blood pressure. Improvement in large artery compliance. Decrease in Homocysteine, HDL cholesterol. Increase in B-carotene, folate, Co-Q10, a-tocopheral. <p>Medical University Graz, Austria, Journal of Nutrition 2007.</p> <ul style="list-style-type: none"> Austrian special forces "Cobra" unit. Reduced exercise induced markers of oxidative stress & improved several indicators of immunity. <p>Charite University Medical Centre Berlin 2011, British JN.</p> <ul style="list-style-type: none"> 529 Nurses & Doctors between 18-65 yr. 20% reduction in moderate to severe cold & flu symptoms after being exposed constant patient content.