

For less than \$2.30 a day you can get all of the nutritional value of these fruits, vegetables, grains & berries!  
 You benefit from the **phytonutrients, antioxidants and vitamins** of a full, fresh serving of these nutrient rich  
 and colorful **WHOLE FOODS!!**

### Juice Plus+ Nutritional Information



	Orchard	Garden	Vineyard	Total
Calories.....	5.....	5.....	5.....	= 15 calories
Fat.....	0g.....	0g.....	0g.....	= 0 grams
Carbs.....	1g.....	1g.....	1g.....	= 3 grams
Sodium.....	5mg.....	10mg.....	0mg.....	= 15 mg
Vitamin A*.....	110%.....	140%.....	---.....	= <b>250 %</b>
Vitamin E.....	70%.....	80%.....	210%.....	= <b>360 %</b>
Vitamin C.....	320%.....	70%.....	70%.....	= <b>460 %</b>
Folate.....	35%.....	70%.....	90%.....	= <b>195 %</b>

\* Vitamin A in the form of beta carotene

Let's see what else you can get for about the same \$2.30 in the form of snacks, meals and treats.....

<p><b>20 oz. Pepsi, Doritos &amp; Snickers \$2.40</b></p> <p>Calories.....250.....140.....280.....= 670 calories                      Fat.....0g.....7g.....14g.....= 21 grams                      Carbs.....68g.....17g.....35g.....= 120 grams                      Sodium.....60mg.....200mg.....140mg.....= 400 mg                      Vitamin A.....0.....0.....0.....= 0%                      Vitamin E.....0.....4%.....0.....= 4%                      Vitamin C.....0.....0.....0.....= 0%                      Folate.....0.....0.....0.....= 0%</p>	<p><b>Krispie Kreme Donut &amp; small coffee \$2.38</b></p> <p>Calories.....350.....0.....= 350 calories                      Fat.....20g.....0.....= 20 grams                      Carbs.....38g.....0.....= 38 grams                      Sodium.....140mg.....0.....= 140 mg                      Vitamin A.....0.....0.....= 0%                      Vitamin E.....0.....0.....= 0%                      Vitamin C......2.....0.....= 2%                      Folate......0.....0.....= 0%</p>
<p><b>BK: Whopper Junior &amp; Small Fries \$2.43</b></p> <p>Calories.....370.....230.....= 600 calories                      Fat.....21g.....13g.....= 34 grams                      Carbs.....31g.....26g.....= 57 grams                      Sodium.....560mg.....380mg.....= 940 mg                      Vitamin A.....4%.....0%.....= 4 %                      Vitamin E.....0%.....6%.....= 6 %                      Vitamin C.....6%.....0%.....= 6 %                      Folate.....0%.....0%.....= 0 %</p>	<p><b>McDonald's 6 Piece Chicken Nuggets \$2.33</b></p> <p>Calories.....250 calories                      Fat.....15 grams                      Carbs.....28 grams                      Sodium.....670 mg                      Vitamin A.....2%                      Vitamin E.....0%                      Vitamin C.....2%                      Folate.....0%</p>
<p><b>Taco Bell Beef Fiesta Burrito \$2.33</b></p> <p>Calories.....390 calories                      Fat.....14 grams                      Carbs.....51 grams                      Sodium.....1210 mg                      Vitamin A.....8 %                      Vitamin E.....0 %                      Vitamin C.....6 %                      Folate.....0 %</p>	<p><b>Dairy Queen Medium Chocolate Sundae \$2.33</b></p> <p>Calories.....400 calories                      Fat.....10 grams                      Carbs.....71 grams                      Sodium.....210 mg                      Vitamin A.....2 %                      Vitamin E.....0 %                      Vitamin C.....0 %                      Folate.....0 %</p>

Do the math, look at the nutritional value for your dollar and decide to re-direct your money towards your body's health and wellness. Remember what your Grandparents said:

*"An ounce of prevention is worth a pound of cure!"*

**You and your health are worth every penny**

