



## Effect of Juice PLUS+® on Periodontal Health

The Birmingham University research study on the effects of Juice PLUS+® on periodontal health has now been published. This double-blind, placebo controlled randomised trial was carried out to investigate whether taking Juice PLUS+® Fruit, Vegetable and Vineyard blend capsules would contribute to standard management for periodontal health.

Sixty subjects (aged 30-60 years) took part in the 8 month intervention. All had a history of long term challenges with gum health. They were assigned to one of three groups: Fruit and Vegetable capsules (FV), Fruit, vegetable and Vineyard capsules (FVB) or placebo. Supplements were taken daily and subjects were given instructions in oral hygiene. They also undertook standard periodontal scaling and root surface treatments during the first month of the study period.

Measurements were made of pocket depth, percentage of bleeding on probing and clinical attachment gain – all commonly outcomes measures to assess gum health.

Improvements were seen in all groups after the 2 month period, with significant improvement in pocket depth in the FV group, compared to placebo, and a significant decrease in the percentage bleeding on probing and in cumulative plaque scores in the FV group at later points in the study period.

This study provides initial results to suggest that taking Juice PLUS+® as an adjunct to standard oral hygiene and periodontal care may help improve periodontal health. Further studies on Juice PLUS+® and gum health are underway, to build upon these results.

### Reference:

Chapple ILC, et al. Adjunctive daily supplementation with encapsulated fruit, vegetable and berry juice powder concentrates and clinical periodontal outcomes: a double-blind RCT. *Journal of Clinical Periodontology* 17 October 2011; doi:10.1111/j.1600-051X.2011.01793.x.