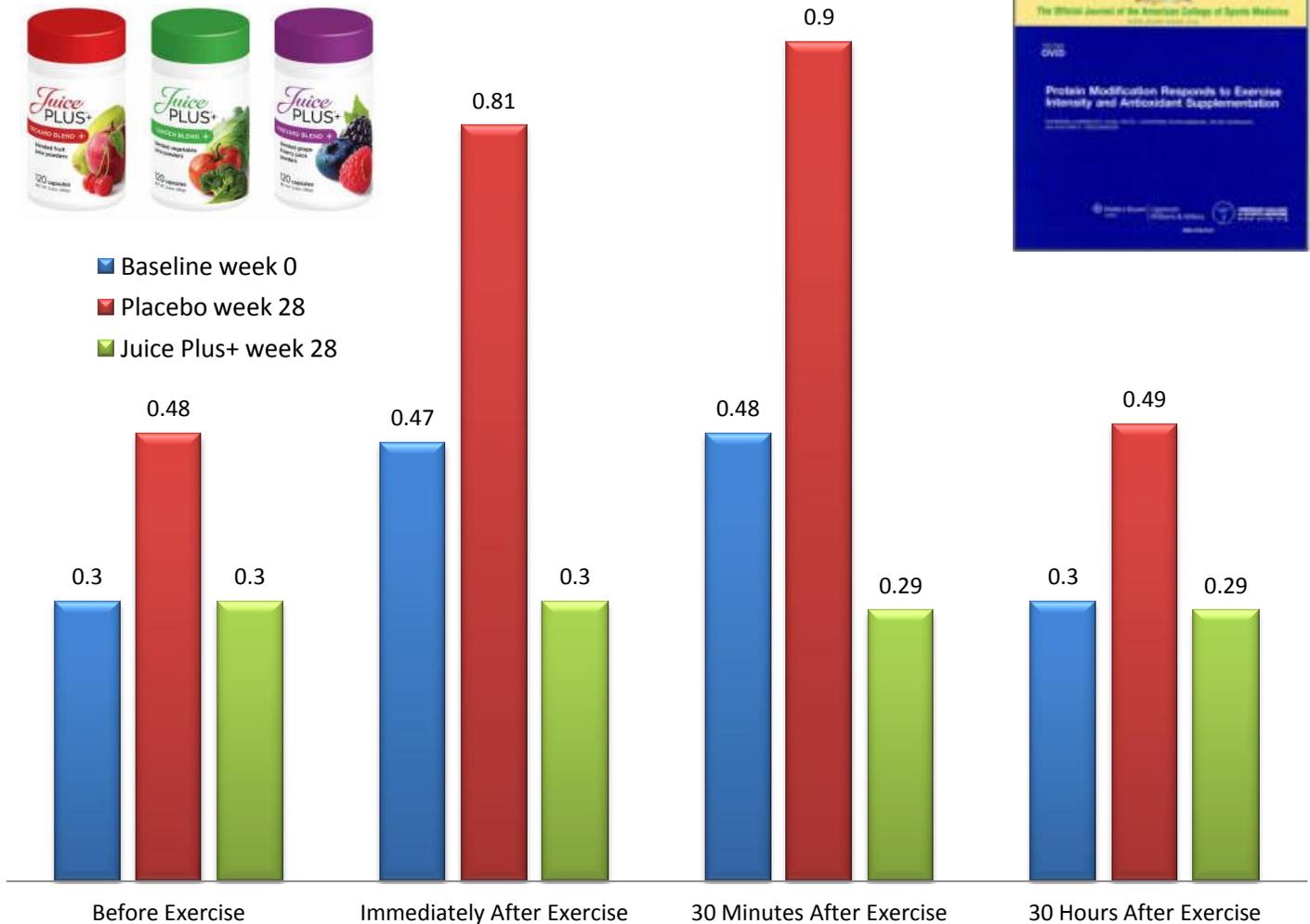


■ Baseline week 0  
■ Placebo week 28  
■ Juice Plus+ week 28



- **41 Cobras (special forces); 28 weeks; standardized diet and exercise (endurance & weights)**
- **Groups on placebo or Juice Plus+ Orchard, Garden and Vineyard Blends (standard amount)**
- **Duty hours increased 45% from week 1 to week 28**
- **Standard exercise test: 40 minutes on stationary bike at 0, 4, 16 and 28 weeks**
- **Measured Protein Carbonyls and other markers of oxidation**

"Several indicators of oxidative stress, immunity, and illness improved in 41 highly trained men (special forces) consuming Juice Plus+ for 28 weeks. The Juice Plus+ group also showed a trend for fewer duty days lost due to illness with indications of normal, healthy immune status."  
Journal of Nutrition 2007

"Exercising at 80% VO<sub>2</sub>max intensity, the Juice Plus+ group (compared to placebo) had lower baseline protein carbonyl levels after 16 and 28 weeks and no exercise-induced protein carbonyl increase. Human mercaptalbumin, another marker of exercise-induced oxidative stress, was also significantly lowered."  
Medicine & Science in Sports & Exercise 2009

"Four weeks of pretreatment with Juice Plus+ attenuated blood oxidative stress markers induced by Eccentric Exercise."  
Medicine & Science in Sports & Exercise 2010

