

RESEARCH SHOWS THAT...	CLINICAL RESEARCH FINDINGS	RESEARCHERS' INSTITUTIONS
Juice Plus+® delivers key antioxidants and other phytonutrients that are absorbed by the body. 1	Several researchers have studied the bioavailability (absorption by the body) of key nutrients found in Juice Plus+® and reported Juice Plus+® effectively increased plasma levels of antioxidant nutrients and other phytonutrients in children, and in young, middle-aged and elderly adults.	*University of South Carolina ¹ *Tokyo Women's Medical University ² *University of Florida ³ Brigham Young University ⁸ University of Arizona ⁹ *UCLA/Georgetown University ¹⁸ *University of Sydney, Australia ⁶ *University of Milan, Italy ²⁰ King's College, London, England ⁷ University of Texas Health Science Center ¹⁰ *University of Witten-Herdecke, Germany ²¹ *Vanderbilt University School of Medicine ⁴ *Medical University of Vienna, Austria ⁵ University of Texas MD Anderson Cancer Center ²⁴ *Nemours Children's Clinic (Jacksonville, FL) ²⁵
Juice Plus+® reduces oxidative stress. 2	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+® Orchard, Garden and Vineyard Blends together were effective in reducing a marker for oxidative stress associated with aerobic exercise.	*University of South Carolina ¹ *Tokyo Women's Medical University ² *University of Florida ³ *University of Milan, Italy ^{19,20} King's College, London, England ⁷ University of Texas Health Science Center ¹⁰ **Medical University of Graz, Austria ^{11,12} **University of North Carolina-Greensboro ^{13,14}
Juice Plus+® reduces key biomarkers of systemic inflammation. 3	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+® significantly decreased levels of three key biomarkers of inflammation in both groups.	*University of South Carolina ¹ * **Medical University of Graz, Austria ¹¹
Juice Plus+® supports a healthy immune system. 4	Good nutrition is important for normal function of the immune system. Investigators have found Juice Plus+® supports markers of proper immune function.	*University of Florida ³ University of Arizona ⁹ **Medical University of Graz, Austria ¹¹ *Charité University Medical Center, Berlin, Germany ¹⁵
Juice Plus+® helps protect DNA. 5	Good nutrition is important to protect DNA from oxidative damage. Studies show a reduction from baseline DNA damage after taking Juice Plus+®.	*University of Florida ³ *University of South Carolina ²³ Brigham Young University ⁸
Juice Plus+® supports cardiovascular wellness. 6	Different investigations showed Juice Plus+® improved various markers of vascular health, including decreased homocysteine levels, and helped maintain normal blood vessel elasticity after a high-fat meal.	*Tokyo Women's Medical University ² *Vanderbilt University School of Medicine ⁴ *University of Sydney, Australia ⁶ Foggia, Italy ¹⁶ **University of Maryland School of Medicine ¹⁷ *University of Milan, Italy ¹⁹ *University of Witten-Herdecke, Germany ²¹
Juice Plus+® supports healthy skin. 7	Proper circulation is important for healthy skin, because it ensures the delivery of nutrients and oxygen to skin tissue, giving it a healthy glow. Researchers found Juice Plus+® increases skin circulation by 39%. Juice Plus+® also boosts skin hydration, skin thickness, and skin density.	*University of Witten-Herdecke, Germany ²¹
Juice Plus+® supports healthy gums. 8	Periodontitis is a condition in which the gums recede from the teeth, creating pockets that become infected. Left untreated, it can lead to tooth loss. A study of adults with periodontitis found that Juice Plus+® helped reduce the depth of gum pockets and decrease gum bleeding when used in addition to standard deep cleaning therapy.	*University of Birmingham, England ²²



Clinical Research Currently Underway

In addition to the clinical studies on Juice Plus+® already published there are numerous others currently underway.

RESEARCHERS FROM:	ARE INVESTIGATING THE EFFECT(S) OF JUICE PLUS+® 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 Würzburg, Germany University of Birmingham, England Academic Centre for Dentistry Amsterdam, The Netherlands	Periodontal (gum) health.
*University of Birmingham, England	Healthy healing from wisdom tooth extraction.
*Canada	Markers of oxidation in healthy adults.
**Medical University of Graz, Austria	Markers of exercise-induced oxidative stress in overweight women.

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

*This investigation is being conducted only on the combination of Juice Plus+® Orchard, Garden and Vineyard Blends.

Full text reprints are available on request.

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For more information about research conducted on Juice Plus+®, please visit <http://www.wellnourished.com>