

Research Summary

JUICE PLUS+® CAPSULE PRODUCTS ARE SUPPORTED BY MORE THAN 40 PEER-REVIEWED SCIENTIFIC PUBLICATIONS FROM CLINICAL STUDIES ON THE PRODUCTS THEMSELVES — THE VAST MAJORITY AS RANDOMIZED CLINICAL TRIALS.

BIOAVAILABILITY AND NUTRIENTS

Bioavailability measures how much of an ingested substance makes it into the bloodstream and cells. More than 20 scientific papers published over 25 years have found that Juice Plus+® capsules effectively increase blood levels of vitamins and phytonutrients in children as well as in young, middle-aged, and elderly adults.

PUBLISHED SCIENTIFIC PAPERS: 25

IMMUNE FUNCTION

The immune system is responsible for protecting the body from harm. Juice Plus+® capsules have been the subject of four different studies on immunity conducted on four different populations: healthcare professionals with direct patient contact, young law school students, an elderly population, and athletic men. The combined results of these studies show that Juice Plus+® capsules support the function of the immune system.

PUBLISHED SCIENTIFIC PAPERS: 5

ANTIOXIDANT PROTECTION

Antioxidants protect cells against the damaging effects of free radicals, unstable molecules that may contribute to the aging process. Numerous scientific papers have reported increased levels of key antioxidants in the bloodstream after taking Juice Plus+® capsules. This effect has been documented among various populations, including exercisers, overweight women, smokers, and more.

PUBLISHED SCIENTIFIC PAPERS: 16

DENTAL HEALTH

Healthy gums are important to protect the tooth root and the underlying bone. One study found that Juice Plus+® capsules, when added to standard deep-cleaning treatment, support gum health and decrease gum bleeding and plaque accumulation above and beyond the effects of the cleaning alone. Another study showed they support a healthy recovery from wisdom tooth surgery.

PUBLISHED SCIENTIFIC PAPERS: 2

CARDIOVASCULAR HEALTH

The cardiovascular system, comprised of the heart and blood vessels, transports life-giving blood throughout the body. Combined results of multiple studies show Juice Plus+® capsules help maintain blood pressure, total cholesterol, LDL cholesterol, and homocysteine levels that are already within a healthy range. They have also been found to support the normal elasticity of the arteries and to blunt the effects of a high-fat meal on vasodilation.

PUBLISHED SCIENTIFIC PAPERS: 10

DNA AND NUTRIGENOMICS

DNA contains the genetic code that provides instructions to build proteins and to construct and repair cells. Combined results from six studies show that Juice Plus+® capsules protect DNA from oxidation, supporting its structural integrity. Research on nutrition and gene interactions (nutrigenomics) has demonstrated that several genes affecting lipid, glucose, and energy metabolism were changed beneficially after intervention with Juice Plus+® capsules.

PUBLISHED SCIENTIFIC PAPERS: 6

HEALTHY SKIN

Proper circulation is important for healthy skin. It ensures nutrients and oxygen get to your skin tissue, giving it a healthy glow. Two double-blind, placebo-controlled studies have found that Juice Plus+® capsules increase skin micro-circulation. One showed that they increase skin micro-circulation by 39%, while boosting skin hydration, thickness, and density in middle-aged women.

PUBLISHED SCIENTIFIC PAPERS: 2



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INFLAMMATION

Inflammation is a normal and important reaction to injury or threat, provided it turns on and off appropriately. When inflammation is ongoing, it can wreak havoc in the body. Combined results from several studies show that Juice Plus+® capsules decrease levels of several key biomarkers of inflammation. These studies were conducted in diverse populations, such as physically fit men and overweight men and women.

PUBLISHED SCIENTIFIC PAPERS: 6

METABOLIC HEALTH

Metabolic health depends on five key factors: blood pressure, blood sugar, abdominal fat, cholesterol, and triglycerides. A study in overweight boys showed that Juice Plus+® capsules support the body's ability to use insulin effectively and help improve body composition by reducing abdominal fat. Juice Plus+® capsules have also been found to support healthy body composition in adults by increasing lean body mass. Additionally, they help maintain total cholesterol, LDL cholesterol, and blood pressure levels already in the normal range.

PUBLISHED SCIENTIFIC PAPERS: 10

COGNITIVE FUNCTION

How well our cognitive processes work affects everything from everyday functioning to future planning. A randomized, placebo-controlled, double-blind clinical study conducted on healthy, young adults found that Juice Plus+® capsules improve key cognitive processes, including working memory, selective attention, processing speed, and executive function.

PUBLISHED SCIENTIFIC PAPERS: 1

OMEGA-3 INDEX

The Omega-3 Index measures the amount of the omega-3 fatty acids DHA and EPA in red blood cells. Achieving an Omega-3 Index of 8-12% has been linked with a variety of positive health outcomes. A randomized, controlled clinical study in healthy adults found that plant-based Juice Plus+® Omega Blend significantly increases the Omega-3 Index after 8 weeks of supplementation, with an even greater increase seen after 16 weeks.

PUBLISHED SCIENTIFIC PAPERS: 1

LUNG FUNCTION

Strong lungs are necessary to take in the oxygen you need to live. A double-blind, placebo-controlled study of smokers found that Juice Plus+® capsules support several parameters of healthy lung function, including forced expiratory flow and diffusion capacity. These parameters measure the flow and volume of air entering and exiting the lungs.

PUBLISHED SCIENTIFIC PAPERS: 1

ATHLETIC PERFORMANCE

While exercise has many documented health benefits, intense exercise can increase inflammation and oxidative stress. A randomized, placebo-controlled human clinical trial found that Juice Plus+® capsules attenuate the increase in several markers of oxidative stress following physical exercise. Other studies have confirmed that they reduce oxidation in trained men and women.

PUBLISHED SCIENTIFIC PAPERS: 11

GUT HEALTH

The composition of the gut microbiome — the unique collection of microbes that inhabit our bodies — has been shown to influence many areas of physical and mental health. A two-phase study in overweight women found that Juice Plus+® capsules and Complete by Juice Plus+ shake positively impact the gut microbiome, supporting gut health.

PUBLISHED SCIENTIFIC PAPERS: 1



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