

## JUICE PLUS

### INGREDIENTS BENEFITS

We can't say that Juice Plus+ cures or treats any disease, but research on individual ingredients shows how important they are for our body. This is only a partial list of the ingredients of each supplement and only a few of the benefits for each ingredient.

#### **ORCHARD BLEND** – Body cleansers

**Apple** – Protects heart, prevents constipation, blocks diarrhea, improves lung capacity, cushions joints<sup>1</sup>

**Orange** – Combats cancer, protects heart, supports immune systems, strengthens respiration<sup>1</sup>

**Pineapple** - Strengthens bones, blocks diarrhea, relieves colds, aids digestion<sup>1</sup>, prevents blood clots & some cancers<sup>2</sup>

**Cranberry** – Protects kidneys, bladder & urinary tract from infection; inhibits atherosclerosis & degenerative diseases<sup>4</sup>

**Peach** – Helps rid morning sickness<sup>3</sup>, I am sure there are many more benefits, just not in these resources

**Acerola cherry** – Protects heart, combats cancer, ends insomnia, slows aging process, shields against Alzheimer's<sup>1</sup>

**Papaya** – Relieves heartburn and indigestion, has antiseptic and anti-parasitic compounds<sup>3</sup>

**Citrus bioflavonoids** – Strengthen capillaries, improve immunity, reduce inflammation, fight cancer<sup>2</sup>

**Prune fiber** – Prevents constipation and certain cancers, lowers cholesterol, combats overweight<sup>2</sup>

**Lactobacillus acidophilus** – Restores bacterial balance in the intestines, aids digestion of milk, prevents yeast infections<sup>2</sup>

**Beta-carotene** – Prevents certain cancers, boosts immunity, protects against heart disease<sup>2</sup>

**Folic acid** – Fights birth defects, wards off anemia, lowers risk of cardiovascular disease, prevents certain cancers<sup>2</sup>

#### **GARDEN BLEND** – Energy producers

**Carrot** – Combats cancer, protects heart, saves eyesight, prevents constipation, promotes weight loss<sup>1</sup>

**Parsley** – Aids digestion, builds healthy blood cells, stabilizes blood sugar in diabetics<sup>2</sup>

**Beet** – Controls blood pressure, combats cancer, strengthens bones, protects heart, aids weight loss<sup>1</sup>

**Kale** – Lowers cholesterol, combats cancer, supports detoxification, reduces chronic inflammation and oxidative stress<sup>5</sup>

**Broccoli** – Controls blood pressure, combats cancer, strengthens bones, protects heart, saves eyesight<sup>1</sup>

**Cabbage** – Protects heart, prevents constipation, combats cancer, promotes weight loss, helps hemorrhoids<sup>1</sup>

**Spinach** – Prevents certain cancers, combats heart disease, protects against strokes<sup>2</sup>

**Tomato** - Protects heart, combats cancer, lowers cholesterol, protects prostate<sup>1</sup>

**Oat bran**- Combats cancer, lowers cholesterol, battles diabetes, prevents constipation, smoothes skin<sup>1</sup>

**Rice bran** - Combats cancer, battles diabetes, protects heart, conquers kidney stones, helps stop strokes<sup>1</sup>, < cholesterol<sup>2</sup>

**Garlic** - Protects heart, combats cancer, lowers cholesterol and triglycerides, reduces blood pressure<sup>2</sup>

#### **VINEYARD BLEND** – Very potent antioxidants (anti-aging and anti-cancer nutrients)

**Concord grape** – Combats cancer, protects heart, saves eyesight, enhances blood flow, conquers kidney stones<sup>1</sup>

**Blueberry** – Protect and reverse artery damage in CNS, protects against neurodegenerative disorders<sup>4</sup>, boost memory<sup>1</sup>

**Cranberry** – Helps prevent kidney stone formation, inhibits development of cancer<sup>4</sup> (also see Cranberry above)

**Blackberry** – Protects eyes with its beta carotene, folic acid, lutein, vitamins C&K, and zeaxanthin; helps liver and heart<sup>4</sup>

**Bilberry** – Protects against capillary fragility and diabetic retinopathy, reduces bruising, may decrease retinal damage<sup>4</sup>

**Raspberry** – Strong antibacterial nutrient that promotes carcinogen detoxification, combats cancer<sup>4</sup>

**Red currant** – A diuretic, blood cleanser, astringent, fever reducer; helps digestion, fibromyalgia, gout & rheumatism<sup>4</sup>

**Black currant** – Much vitamin C & B1,B2,B3,B5, iron, magnesium, phosphorus, potassium & zinc; helps the brain<sup>4</sup>

**Elderberry** – Increases circulation in lungs and heart, decreases inflammation, & congestion in lungs and swollen joints<sup>4</sup>

**Green tea** – Protects heart, combats cancer, promotes weight loss, helps stop strokes, kills bacteria<sup>1</sup>

**Ginger root** – Relieves gas & indigestion<sup>2</sup>, promotes digestion, increases circulation, helps the distribution of nutrients<sup>4</sup>

**Grape seed** – Antihistaminic & anti-allergic, reduces inflammation and painful swelling, protects heart and arteries<sup>4</sup>

**Artichoke** – Aids digestion, lowers cholesterol, protects heart, stabilizes blood sugar, guards against liver disease<sup>1</sup>

#### REFERENCES

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