

Experience the *Juice* PLUS+ TRANSFORMATION

Whole Food – Whole Body – Whole Life

Based on the positive responses from our Juice Plus+ Effect Survey and over 30 Clinical Studies published in peer-reviewed scientific journals, this is what you could experience in the next few months....

If you are an athlete – **improved recovery with less protein damage and missed workouts due to illness.**

*Medicine & Science in Sports & Exercise 2009
Journal of Nutrition 2007*

If you are struggling with your weight - **reduced cravings and hunger, with weight control coming as a by-product of getting healthier.**

*"Why Am I So Hungry?" Debbi Walton
Certified Personal Fitness Trainer, Specialist in Post Rehab*

If you are just trying to help your family through cold and flu season - **fewer days with moderate to severe symptoms and less medications, along with support for a normal healthy immune system.**

*British Journal of Nutrition 2011
Journal of Nutrition 2006, 2007; Integrative Medicine 1999*

If you want to reduce your risk of chronic disease – **the published research confirms the healthful benefits of adding Juice Plus+® to your diet, so while we don't make claims to cure any specific disease or problem that a person may have, good nutrition can make a positive difference.**

"Good nutrition is not a quick fix. Our cells are highly complex machines, and every few months you have new cells being born. A long-term commitment to good nutrition will help ensure that your body will continue to grow improved and healthier cells."

-Paul Stricker, M.D., Pediatrics & Sports Medicine

Your lifelong journey of Health begins with a 4-Month Jumpstart

1. EAT 2 Juice Plus+® Orchard, Garden and Vineyard Capsules or 4 of each Chewables every day.

2. DRINK Juice Plus+ Complete® Whole Food Drink Mix once or twice a day.
3. WATER - Drink plenty of pure, filtered water daily.
4. EXERCISE 30 minutes per day at least 5 days per week. Consult with your doctor. (CDC, 2013)
5. RELAX, BREATHE, and REDUCE YOUR STRESS.
6. SLEEP - 7 to 9 hours of sleep is recommended. (National Sleep Foundation)
7. MEALS/SNACKS - Primarily whole, fresh, organic & unprocessed food with lots of fruits & vegetables.

Juice Plus+® Orchard, Garden & Vineyard Blends come in Capsules or Soft Chewables.

Orchard and Garden Blends contain concentrated nutrition from 17 different fruits, vegetables, and grains. Juice Plus+ **Vineyard Blend**® adds nutrition from 9 different varieties of berries and grapes. Each ingredient is specially selected to provide a wide range of nutritional benefits.

• Apple • Orange • Pineapple • Cranberry • Peach •
Acerola Cherry • Papaya • Carrot • Parsley • Beet • Kale •
Broccoli • Cabbage • Spinach • Tomato • Oat Bran •
Brown Rice Bran • Concord Grape • Blueberry • Cranberry •
Blackberry • Bilberry • Raspberry • Red Currant • Black
Currant • Elderberry

Juice Plus+® Complete is a delicious shake loaded with hard to find nutrition! A great balance with 13g protein (unique water-washed, NON-GMO soy, peas, chickpeas, tofu, rice, and algae) and 20g complex carbohydrates (Ancient grains- organic quinoa, amaranth, and millet, broccoli sprouts, alfalfa sprouts and radish sprouts, pumpkin, pomegranate, spirulina and yucca.) Complete has no fast-releasing or artificial sugars, and 8g of soluble & insoluble fiber. Complete is an excellent source of calcium, vitamin D, and B vitamins....and it is gluten and dairy free (as all our products.)

Juice Plus+® is real, whole food, not an old-fashioned fragmented vitamin or isolated antioxidant. **You may safely increase your Juice Plus+® intake if you feel your body's need for nutrients are generally higher than most, e.g.; increased physical activity (exercise), high stress, disease process, smoking, overweight.....etc.**

Choose to Get Started:

Juice Plus+® Trio Customer

-Orchard, Garden, and Vineyard Blend
Capsules (\$71.25/month) or
Chewables (\$76.75/month)
(Some people like to take the Orchard & Garden in
Capsules and the Vineyard in delicious Chewables)

Juice Plus+® Basic Customer

-Orchard and Garden Blend
Capsules (\$44.50) or
Chewables (\$47.50)

Juice Plus+® Complete (choc/van/variety)

Transformation Program - 2 orders of \$30.75/mo
(\$61.50) *You will receive 8 packages with 15 servings
each which equals 1 shake per day for 4 months.*

4-Month Trio Transformation Program

\$132.75/mo for 4 months – Complete w/capsules
\$138.75/mo for 4 months – Complete w/chewables

*Each Juice Plus+® order is shipped in a 4-month supply and
shipped every 4 months until a change is requested. There is an
option to pay in 4 monthly installments or pay-in-full for the 4-
month supply. Above prices include shipping but not taxes.*

*An adult takes 2 capsules of each daily, or 4 chewables of each
daily. Children under 13 will take half of that.*

*Students age 4 thru under-grad college age may be able to
participate in the **Children's Health Study (CHS)** to receive their
**Juice Plus+® Orchard & Garden Blend for FREE with an adult
order.** Add CHS to an order within first 30 days – only shipping
will be charged for the free product for up to 4 years.*

Getting Started

When is it best to take Juice Plus+? It really doesn't matter. We suggest you start slowly - by taking ONE fruit capsule, ONE vegetable capsule, and ONE vineyard capsule with a large glass of water to begin with. After 3-4 days, increase to the recommended 2 + 2 + 2 capsules daily. If you are doing the CHEWABLES, start with 2 of each at first, and then go to 4 of each (adult dosage.) CHILDREN should start by taking 1/2 regular dosage as well for the first few days. Some people prefer to split it up and take it in the morning and again in the afternoon, but if you have trouble remembering to take them, by all means take it all at the same time – **find what works best for you!** Taking Capsules with each meal allows the digestive enzymes in Juice Plus+ to help with digestion of all food you eat.

Use the Juice Plus+ Transformation Program to get your health and weight under control:

For the 1st Month: take only Capsules &/or Chewables.

For the 2nd thru 4th Month: Add Complete Shake Mix:

For the 4th Month and 1st week of the 2nd Month:

Drink one Complete shake per day (Lunch or Supper).

For the 2nd & 3rd Month: Drink two Complete shakes per day for 30 days (consecutively or every other day – Breakfast and Lunch or Supper). Drink at least one Complete shake per day.

After the 1st 4-Month period, continue taking Capsules &/or Chewables and drinking Complete shakes as needed to stay healthy and to maintain your weight or keep losing weight (drink one shake every other day **or** every day **or** two per day).

Add a scoop of Juice Plus+ Complete® chocolate or vanilla powder to one cup of organic plant milk (almond, coconut etc.) or cold water (plant milk provides more nutrition than water). Shake or blend until smooth. For added plant based nutrition and variety, experiment with additional wholesome ingredients such as berries, kale, spinach, quinoa, oatmeal, chia seeds, flax seeds, nut butters. Recipes are available – search the web.

Also consider ordering the **Juice Plus+® Complete Nutrition Bars** too to eat as a snack, energy bar or for breakfast. Available with 15 bars/box/month in 2 flavors in 2 or 4 month supply at \$30.75 / month.

It is very important to take Juice Plus+ consistently, every day for at least 4 months. It takes 90-120 days for blood cells to be replaced with new, healthier cells. Many people notice results within a few weeks, some even after a few days. Most people, however, experience benefits after 3-4 months and even more improvements after a year or two.

Juice Plus+® is recommended by Healthcare Professionals across our country and around the world.

TIPS TO REMEMBER YOUR JUICE PLUS

- ✓ Set an alarm on your cell phone to go off at a certain time of each day to remind you to take your Juice Plus+.
- ✓ Place JP+ out in the open. If you see it, you are more likely to remember.
- ✓ Place it by something you do every morning or every night. Try putting JP+ by your toothbrush or next to the remote if you watch news in the evening.
- ✓ Keep a bottle or packet of each at your office or use small zip lock bags to carry JP+ with you.
- ✓ Set all chewables on a plate each morning and eat a few at a time throughout the day.
- ✓ Encourage children to eat red & green chewables at the same time to mix the flavors.