

Questions & Answers About Juice Plus+

By Dr. Mitra Ray

As a biochemist with a Ph.D. in cellular biology from Stanford University, Dr. Ray has worked in the arena of degenerative diseases, such as cancer and Alzheimer's disease. Her research has been funded by the National Institutes of Health, the American Cancer Society, and an Alzheimer's research grant.

Because so many of the questions that we receive have to do with published research, we offer links to articles and transcripts in many of our answers. Additionally, when Dr. Ray receives a great many questions on a particular topic, she will often answer in a broadcast call or recording. These **recordings and PDFs** below are available for you at <http://www.drmitraray.com/q-a/q-and-a-juice-plus/>. **Go to this website to view PDF's and listen to recordings answering the below questions.**

- 1. Is Juice Plus+ Just Another Vitamin?**
- 2. When and how should I take my Juice Plus+?**
- 3. I'd like to know more about the health and safety of Juice Plus+, especially for my family.**
- 4. Is Juice Plus+ supported by clinical research?**
- 5. Why is Juice Plus+ such a valuable and important part of any fitness and nutrition plan?**
- 6. Is Juice Plus+ fortified with vitamins and minerals?**
- 7. Is Juice Plus+ Gluten Free?**
- 8. How does Juice Plus+ contribute to or help with detoxification?**
- 9. Does the juicing destroy the nutrients in Juice Plus+?**
- 10. How is sugar removed from Juice Plus+?**

- 11. Is it safe to take Juice Plus+ during pregnancy?**
- 12. Is it safe to take Juice Plus+ while nursing?**
- 13. What should I feed my baby after s(he) is weaned?**
- 14. I'm vegan, and would like to know if Juice Plus+ has B12?**
- 15. Is there too much soy in Juice Plus+ Complete? Is it even safe to eat soy?**
- 16. Why don't you list all of the vitamins and minerals in Juice Plus+ capsules?**
- 17. How many fruits and veggie servings are in each Juice Plus+® capsule?**
- 18. Is Juice Plus vegan and organic?**
- 19. What is the ORAC value of Juice Plus+? How well do the antioxidants in Juice Plus+ perform?**
- 20. Will Juice Plus+ interact with my blood thinner?**
- 21. Can Juice Plus+ help with multiple sclerosis?**
- 22. Will Juice Plus+ cure chronic fatigue syndrome?**
- 23. Is Juice Plus+ alkaline to our system?**
- 24. Why is it necessary to use magnesium stearate and calcium carbonate in Juice Plus+ powders?**
- 25. Is it safe to take Juice Plus+ while undergoing chemotherapy?**
- 26. How would you explain the benefits of Juice Plus+ to someone with Crohn's Disease?**
- 27. Can Juice Plus+ affect the formation of kidney stones?**