

## Juice Plus Ingredients – How they help the body

### ORCHARD BLEND

**APPLES:** A good source of boron, a trace mineral that affects the electrical activity of the brain, increasing mental alertness and boosting estrogen in postmenopausal women. Helps reduce cholesterol and contains many cancer-fighting phytochemicals. High in fiber.

**ACEROLA CHERRIES:** Source of Vitamin C. Known to relieve symptoms of osteoarthritis.

**CRANBERRIES:** Strong antibiotic and antiviral. Removes poisons and infectious bacteria from cells lining the bladder and urinary tract. Helps prevent bladder infections.

**ORANGES:** Contain every class of cancer inhibitor known, like beta carotene, terpenes and flavonoids. Rich in Vitamin C. May help ward off asthma attacks, bronchitis, breast cancer, stomach cancer and gum disease.

**PAPAYAS:** A rich source of papain and boron. Contains powerful antioxidants, vitamin C and beta carotene. Source of vitamin A and potassium. Helps digestion.

**PEACHES:** Contains boron which aids in calcium absorption. Rich in antioxidants, such as beta carotene and vitamin C.

**PINEAPPLES:** High in manganese, making it good for preventing osteoporosis and bone fractures. High in bromelain, which is a protease with anti-inflammatory, anti-edema properties. Aids digestion. Helps dissolve blood clots. Antibacterial, antiviral. Helps menopause.

**ENZYME BLEND:** Bromelain, Papain, Lipase, Amylase, Protease, Cellulase.

**SOLUBLE AND INSOLUBLE FIBERS:** Apple Pectin, Citrus Pectin, Date Fiber, Prune Powder, Glucomannan, Dried Plant Fiber. Cleanses the system, lowers cholesterol and blood pressure. Fights cancer, heart disease, obesity.

**LACTOBACILLUS ACIDOPHILUS:** Naturally occurring bacteria found in the intestinal tract. Enhances digestion.

**OTHER FOOD ACTIVES:** Citrus Bioflavonoids, Anthocyanins, Polyphenol Catechins, Dunaliella Salina, Indole Carbinols.

## GARDEN BLEND

**BEETS:** High in folic acid, an antidepressant. Contains iron, calcium, potassium. Enhances liver and gallbladder function, builds blood corpuscles and cells. Stimulates lymph glands. Anticancer.

**BROCCOLI:** Contains many anticancer substances such as beta carotene, vitamin C and indoles. Helps keep cholesterol levels steady and protects the heart. Contains as much calcium per serving as milk. Antiviral activity. A super source of chromium, which helps regulate insulin and blood sugar. Speeds up removal of estrogen which suppresses breast cancer. Anti-ulcer.

**CABBAGE:** Contains numerous antioxidants. Thought to help block breast cancer and suppress growth of polyps. In studies, eating cabbage more than once per week cut colon cancer odds 66%. Helps speed up estrogen and metabolism. Anticancer, antiulcer, antibacterial, antiviral.

**CARROTS:** A super food source for beta carotene, a powerful anticancer, artery-protecting, immune-boosting, infection fighting antioxidant. Fights heart and eye disease. A carrot per day cuts stroke rates in women by 68%.

**KALE:** Powerful disease-fighting vegetable. A rich source of many antioxidants. Super food source for beta carotene, indoles, 50% more calcium than milk. Powerful cancer disease fighter.

**PARSLEY:** Anticancer due to its high concentrations of antioxidants, e.g. monoterpenes, phthalides, polyacetylenes. Helps neutralize carcinogens in tobacco smoke. Has diuretic activity. May reduce plaque in arteries and help prevent unhealthy blood clotting. Rich source of folic acid. Good for the heart and immune system. Lowers blood pressure.

**SPINACH:** Food most eaten by people who don't get cancer. Rich source of antioxidants and cancer antagonists. Rich in fiber. Lowers blood cholesterol.

**TOMATO:** A rich source of lycopenes. A powerful antioxidant linked to lower rates of skin, pancreatic, stomach, bladder and prostate and cervical cancer.

**ENZYME BLEND:** Lipase, Amylase, Protease, Cellulase.

**SOLUBLE AND INSOLUBLE FIBERS:** Beet Fiber, Barley Bran (no gluten), Oat Bran (no gluten), Cabbage Fiber, Glucomannan, Plant Cellulose, Dried Plant Fiber. Cleanses digestive tract. Lowers blood pressure and cholesterol. Fights cancer and heart disease.

**LACTOBACILLUS ACIDOPHILUS:** Naturally occurring bacteria found in the intestinal tract. Enhances digestion.

**OTHER FOOD ACTIVES:** Anthocyanins, Allicin, Lycopene, Polyphenol Catechins, Dunaliella Salina, Indole Carbinols.