

Skin Health: New study shows Juice Plus+ supports healthy skin

By Sara Lovelady

Proper circulation is important for skin health, because it ensures the delivery of nutrients and oxygen to skin tissue. A new study, conducted by researchers at the Medical University of Graz, Austria and published in the *British Journal of Nutrition*, confirms the findings of previous research: Juice Plus+ improves markers of skin microcirculation, thus supporting healthy skin. In addition, it decreases markers of systemic oxidation and inflammation.

For this study, 42 overweight, non-smoking pre-menopausal women were randomly assigned to take either Juice Plus+ Garden, Orchard, and Vineyard Blends (two capsules of each per day) or placebo (six capsules identical in appearance to the Juice Plus+ capsules) for eight weeks. At the beginning and end of the study, markers of microcirculation were assessed at a skin depth of 2mm. The researchers also measured blood samples for markers of oxidative stress and inflammation.

The fact that the women were overweight is significant, because carrying extra pounds causes structural and functional changes in skin microcirculation (as well as increasing oxidative stress and inflammation). In fact, the more excess weight a person carries, the more micro-vascular function becomes impaired. The researchers were curious to see if Juice Plus+ could help counteract this tendency.

Juice Plus+ positively impacts skin microcirculation

Eight weeks later, the results were clear. Compared to placebo, supplementing with Juice Plus+ improved all three markers of skin microcirculation measured: capillary blood flow, oxygen saturation of hemoglobin, and the relative concentration of hemoglobin. All of these markers positively influence skin color.[i] In addition, the Juice Plus+ group experienced significant improvements in several markers of oxidative stress and inflammation, while the placebo group did not — a change the researchers referred to as “remarkable.”

The results of this study build on previous research conducted at the University of Witten-Herdecke, Germany, and published in *Skin Pharmacology and Physiology*, which found that Juice Plus+ increases skin microcirculation in healthy middle-aged women by 39 percent, and boosts skin hydration and thickness.

Juice Plus+ contains micro-nutrients that support skin health

It's been said that you can tell a lot about someone's internal health by the health of their skin, and research supports this bit of common wisdom. When the skin is deprived of essential nutrients, unfavorable changes to skin physiology may occur, and skin disorders may develop. Inadequate dietary intake of nutrients, as well as poor microcirculation, can both negatively affect skin health.

Fruits and vegetables are natural reservoirs of vitamins and phyto-nutrients that play a role in skin health, and they have been shown to provide UV protection and improve skin structure and texture. By providing the vitamins and phyto-nutrients of an array of concentrated fruits, vegetables, and berries, Juice Plus+ delivers nutrition for skin health and improves skin microcirculation.

[1] Nagashima Y, et al. Development of a new instrument to measure oxygen saturation and total hemoglobin volume in local skin by near-infrared spectroscopy and its clinical application. *Int J Biometeorol*. 2000 May;44(1):11-9.