

What Is the Value of Juice Plus+?

For about \$2.50 a day you can get all of the nutritional value of these fruits, vegetables, grains & berries! You benefit from the **phytonutrients, antioxidants and vitamins** of a full, fresh serving of these nutrient rich and colorful **WHOLE FOODS!!**

Juice Plus+ Nutritional Information

	Orchard	Garden	Vineyard	Total
Calories.....	5.....	5.....	5.....	= 15 calories
Fat.....	0g.....	0g.....	0g.....	= 0 grams
Carbs.....	1g.....	1g.....	1g.....	= 3 grams
Sodium.....	5mg.....	10mg.....	0mg.....	= 15 mg
Vitamin A*.....	110%.....	140%.....	---	= 250 %
Vitamin E.....	70%.....	80%.....	210%.....	= 360 %
Vitamin C.....	320%.....	70%.....	70%.....	= 460 %
Folate.....	35%.....	70%.....	90%.....	= 195 %

* Vitamin A in the form of beta carotene

Let's see what else you can get for about the same \$2.50 in the form of snacks, meals and treats.....

20 oz. Pepsi, Doritos & Snickers \$2.40

Calories.....	250.....	140.....	280.....	= 670 calories
Fat.....	0g.....	7g.....	14g.....	= 21 grams
Carbs.....	68g.....	17g.....	35g.....	= 120 grams
Sodium.....	60mg.....	200mg.....	140mg.....	= 400 mg
Vitamin A.....	0.....	0.....	0.....	= 0%
Vitamin E.....	0.....	4%.....	0.....	= 4%
Vitamin C.....	0.....	0.....	0.....	= 0%
Folate.....	0.....	0.....	0.....	= 0%

McDonald's 6 Piece Chicken Nuggets \$2.33

Calories.....	250 calories
Fat.....	15 grams
Carbs.....	28 grams
Sodium.....	670 mg
Vitamin A.....	2%
Vitamin E.....	0%
Vitamin C.....	2%
Folate.....	0%

Krispie Kreme Donut & small coffee \$2.38

Calories.....	350.....	0.....	= 350 calories
Fat.....	20g.....	0.....	= 20 grams
Carbs.....	38g.....	0.....	= 38 grams
Sodium.....	140mg.....	0.....	= 140 mg
Vitamin A.....	0.....	0.....	= 0%
Vitamin E.....	0.....	0.....	= 0%
Vitamin C.....	2.....	0.....	= 2%
Folate.....	0.....	0.....	= 0%

Taco Bell Beef Fiesta Burrito \$2.33

Calories.....	390 calories
Fat.....	14 grams
Carbs.....	51 grams
Sodium.....	1210 mg
Vitamin A.....	8 %
Vitamin E.....	0 %
Vitamin C.....	6 %
Folate.....	0 %

BK: Whopper Junior & Small Fries \$2.43

Calories.....	370.....	230.....	= 600 calories
Fat.....	21g.....	13g.....	= 34 grams
Carbs.....	31g.....	26g.....	= 57 grams
Sodium.....	560mg.....	380mg.....	= 940 mg
Vitamin A.....	4%.....	0%.....	= 4 %
Vitamin E.....	0%.....	6%.....	= 6 %
Vitamin C.....	6%.....	0%.....	= 6 %
Folate.....	0%.....	0%.....	= 0 %

Dairy Queen Medium Chocolate Sundae \$2.33

Calories.....	400 calories
Fat.....	10 grams
Carbs.....	71 grams
Sodium.....	210 mg
Vitamin A.....	2 %
Vitamin E.....	0 %
Vitamin C.....	0 %
Folate.....	0 %

Do the math, look at the nutritional value for your dollar and decide to re-direct your money towards your body's health and wellness. Remember what your Grandparents said:

"An ounce of prevention is worth a pound of cure!"

You and your health are worth every penny