

Juice Plus+ Tips

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Congratulations on your decision to add Juice Plus+ to your diet! You have made a decision to invest in your most valuable resource, your health. Based on the results of the clinical studies done on Juice Plus+, your body is going to “thank you” for this great gift.

Each Juice Plus+® order is normally shipped in a 4-month supply and shipped every 4 months until a change is requested. Contact us if you need your next order sooner or delayed or stopped. There is an option to pay in 4 monthly installments or pay-in-full for the 4-month supply. Juice Plus+ COMPLETE Products provide 15 servings/month if shipped every 4 months, but if you want 30 servings/month ask to receive your COMPLETE **Shakes &/or Bars** every 2 months. But remember that this also doubles your monthly cost for these products. Juice Plus+ products are shipped by USPS to your mailbox within about 1 week of our ordering it.

Juice Plus+ can be taken however works best for you, but preferably take it with food and a full glass of water. The natural blend of digestive enzymes in each Juice Plus+ capsule help break down your food so it can enter your bloodstream better. This is why it is good to take at least one capsule per meal. (There are NO digestive enzymes in the Chewables since they would dissolve them in the package.) Juice Plus+ also has probiotics in them to help with digestion. You may take two fruit capsules (*Orchard Blend*) in the morning before or with breakfast, and two vegetable capsules (*Garden Blend*) before or with lunch &/or supper. (If you take chewables, two chewables equal one capsule) **You can take them all at once or spread them out throughout the day whichever works better for you.** Remember to drink plenty of water during the day too to avoid this concentrated food from bulking up in the intestines. Avoid caffeine around the time you take your Juice Plus+ (within 30 minutes), since studies show that caffeine inhibits the absorption of nutrients in all foods. The *Orchard Blend* is good for cleansing which your body does in the morning, and the *Garden Blend* is good for cellular energy. (Take with any meal the *Vineyard Blend* which is packed with powerful antioxidants that help your body prevent chronic disorders & slow down the aging of the body.) (See the article “*Experience the Juice Plus+ TRANSFORMATION*” and the video “*Transformation 30 Presentation*” for more tips on how to quickly benefit from the Juice Plus+ program.)

If you are very sensitive to or allergic to a particular ingredient in Juice Plus+, realize that each capsule/chewable contains only very small amounts of each food and each nutrient, and there are thousands of different nutrients in each capsule/chewable. Also if you have been told not to eat certain foods (like green leafy vegetables) due to a condition you have or due to a medication you are taking, talk to your doctor to see if he/she thinks it is alright to take Juice Plus+. Your doctor may want to monitor your blood levels until assured of normal levels. Also, some experts think fruits and vegetables are excellent for patients who have cancer, but they may interfere with the action of chemotherapy drugs, so again talk to your doctor about taking Juice Plus+ if you have cancer.

Understanding the “Cleansing Process”: Initially, you may experience some effects of cleansing and detoxification (i.e. headaches, colds, runny nose, rash, tiredness, increased bowel movements, etc.) This is excellent as your Juice Plus+ is assisting your body to rid itself of harmful toxins that may have built up before starting Juice Plus+. In this case, you may consider reducing your intake to one of each capsule (or two of each chewable) per day taken as outlined above, and drink plenty of filtered water until symptoms subside, then return to original consumption. If you have a sensitive stomach or you are sensitive to any of the foods in Juice Plus+, taking Juice Plus+ along with other food will help reduce symptoms (do not take it on an empty stomach). For the 1st week, you may want to take only one capsule (or only 2 chewables) of each Blend per day anyway to adapt to the change. Children should start by taking ½ regular dose as well for the 1st week.

*Students age 4 through the 4th year of under-grad college age may be able to participate in the **Children’s Health Study (CHS)** to receive their Juice Plus+® Orchard & Garden Blends for **FREE with an adult order** (pay only the S/H for the free product which is usually \$1.75 / month). Call me if you want to add a child to the CHS on your order.*

Juice Plus+ products **don’t diagnose, treat, cure or prevent any disorder**; they just provide the body with the excellent nutrition it needs to heal and protect itself. It normally takes a few months before you notice the positive effects of Juice Plus+, especially if you are well. This is why it is sent in a 4 month supply (along with saving on shipping costs). Many people notice benefits like more energy, less illness (therefore missing work or school less), sleeping better, drinking more water, making healthier food choices, better digestion, and healthier skin, hair, gums and nails. Even if you do not notice such effects, know that Juice Plus+ is a powerful supplement which helps to prevent chronic disorders and helps protect the body against the effects of existing disorders. It helps your body prevent deterioration. You cannot feel the prevention working in your body; but you cannot feel deterioration occurring either until it’s too late. Within time, as your body is strengthened, you may find that you do not need to take as many prescription medications – all of which cause side effects – some very serious, some even life-threatening. But **Juice Plus+** is safe; it is only food.

Feel free to call us at 731-635-3026 with any questions. I look forward to hearing about your progress.

Learn how Juice Plus+ is made, see clinical studies done on Juice Plus+, see several videos which explain different aspects of Juice Plus+ and hear several doctors tell why they recommend Juice Plus+ to their patients at <http://BrooksHarris.JuicePlus.com>. And for several more articles on Juice Plus+ and nutrition in general, visit the “**Wellness**” tab on my site www.BiblicalReliability.com.