

Improve your nutrition with Juice PLUS+®

Fruit, vegetables and berries: vital elements for our body

Eating plenty of fruits and vegetables every day is essential for good nutrition and good health. Many of the nutrients and phyto-nutrients found in fruits and vegetables are powerful antioxidants. Our body constantly produces free radicals as a natural by-product of our metabolism. There are also many external sources of oxidants or free radicals such as smoking, UV light and pollution. Some free radicals are needed by our bodies but too many can damage cells by causing harmful chain reactions. This damage is often called "oxidative stress". Antioxidants can help reduce the harmful reactions caused by free radicals.

Although the body produces its own antioxidants, the antioxidants we obtain from our diet, particularly those from fruits and vegetables, contribute significantly to reducing oxidative stress in the body. Scientific studies have confirmed that by simply eating more fruits and vegetables people may be able to reduce oxidative damage and help maintain a healthy immune system.

The whole variety of nature

Juice PLUS+® Fruit Blend is created from a whole food base of: apples, oranges, pineapple, peaches, cranberries, papaya, acerola cherry, dates and prunes.

Juice PLUS+® Vegetable Blend is: beets, broccoli, cabbage, carrots, kale, spinach, parsley, garlic and tomato.

Juice PLUS+® Vineyard Blend contains: Concord grape, raspberry, blueberry, redcurrant, cranberry, blackcurrant, blackberry, elderberry and bilberry.

Juice PLUS+® uses the highest quality ingredients available. Once harvested the fruit and vegetables are thoroughly washed and juiced to help release the nutrients from the plant cell structure and make them more available for absorption. They are then dried using a proprietary, low temperature process, blended, encapsulated and packed ready to be delivered to your door. Juice PLUS+® ingredients are carefully tested at every step of the production process to ensure the quality and purity of the final product. The process is also monitored to protect the vital nutrients found in fruit and vegetables making Juice PLUS+® a great addition to your daily nutrition.

An important supplement

Adding Juice PLUS+® fruit, vegetables and berries, available through Premium PLUS+® capsules, provides whole food based nutrition from 26 varieties daily. In short, everyone can enjoy the added nutritional benefits of taking Juice PLUS+®.

Comprehensively scientifically researched

Juice PLUS+® has had a worldwide scientific research programme in place for over fifteen years in leading universities and institutes.

Seventeen independent clinical studies, proving the efficacy of Juice PLUS+®, have already been published in peer-reviewed scientific journals and as many are currently underway.

The studies show that Juice PLUS+®:

- delivers key phytonutrients that are absorbed by the body
- helps reduce oxidative stress
- helps support a healthy immune system and DNA integrity
- positively impacts several key indicators of cardiovascular wellness

Juice PLUS+®

treat yourself to a unique health programme from nature
Contact Rory O'Donoghue at rory@odonoghueclinic.com or (087)2479191

View more details by clicking here