

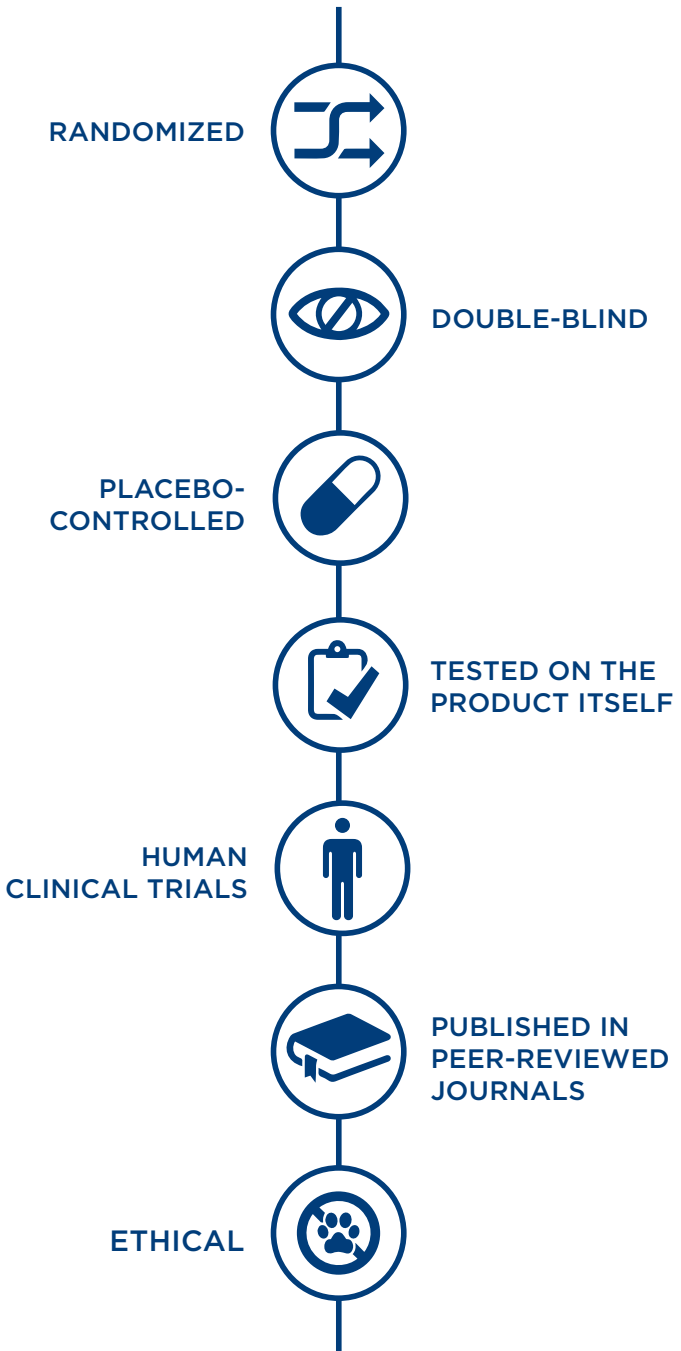
Juice Plus+ Science Institute

Advancing plant-based nutrition



Clinical Research Quick Reference Guide

What do we mean when we talk about “Research?”



Which hospitals and universities have conducted research on Juice Plus+®?

- Academic Centre for Dentistry, Amsterdam, Netherlands
- Brigham Young University, Provo, Utah
- Charité University Medical Centre, Berlin, Germany
- Georgetown University, Washington DC
- Heinrich Heine University, Düsseldorf, Germany
- King's College, London, England
- Medical University of Graz, Graz, Austria
- Medical University of Vienna, Vienna, Austria
- Nemours Children's Clinic, Jacksonville, Florida
- Tokyo Women's Medical University, Tokyo, Japan
- University of Arizona, Tucson, Arizona
- University of Birmingham, Birmingham, England
- University of Cambridge, Cambridge, England
- University of Florida, Gainesville, Florida
- University of Maryland School of Medicine, Baltimore, Maryland
- University of Milan, Milan, Italy
- University of Mississippi Medical Center, Jackson, Mississippi
- University of Newcastle, Callaghan, Australia
- University of North Carolina, Greensboro, North Carolina
- University of Parma, Parma, Italy
- University of South Carolina, Columbia, South Carolina
- University of Sydney, Sydney, Australia
- University of Texas Health Science Center, San Antonio, Texas
- University of Texas/MD Anderson, Houston, Texas
- University of Toronto, Toronto, Canada
- University of Witten-Herdecke, Witten, Germany
- University of Würzburg, Würzburg, Germany
- Vanderbilt University School of Medicine, Nashville, Tennessee
- Wake Forest University (NCI-NIH), Winston-Salem, North Carolina
- Yale University-Griffin Hospital, Derby, Connecticut

What is an Impact Factor?

Putting it in Context.

The Impact Factor reflects the scientific strength of a clinical research journal in which scientific articles are published. The higher the Impact Factor, the stronger and more valuable the research. The body of clinical research on Juice Plus+® has a very strong Impact Factor.



What has the research found?

BIOAVAILABILITY AND NUTRIENTS

Antioxidants and other nutrients on a product's label aren't always bioavailable, meaning they may not actually be utilized by your body. To be called bioavailable, those nutrients must be present in the bloodstream. Multiple studies conducted on Juice Plus+® show that your body is receptive to absorbing the nutrients in Juice Plus+®. In fact, **19 studies conducted over 20 years found significant increases in the amount of antioxidants and other nutrients in the blood.**



What has the research found?

DENTAL HEALTH

Juice Plus+® has been shown to support healthy teeth and gums and to support a healthy recovery from lower third molar surgery, improving quality of life. Additionally, combining Juice Plus+® with standard periodontal care has been shown to help maintain oral and dental health in adults.

DENTAL HEALTH



What has the research found?

HEART HEALTH

Combined results from twelve studies show that Juice Plus+® produces positive effects on several measures of vascular health. Juice Plus+® helps maintain normal levels of homocysteine, a biomarker for cardiovascular health. Juice Plus+® also helps maintain normal, healthy elasticity of the arteries, healthy LDL cholesterol and blood pressure levels that are already in the normal range, and protects lipids and proteins from oxidation.



What has the research found?

IMMUNE SYSTEM

Separate studies were conducted on healthcare professionals with direct patient contact, young law school students, an elderly population, and athletic men. The combined results of those studies show that **Juice Plus+® supports the function of the immune system.**



What has the research found?

DNA AND NUTRIGENOMICS

The antioxidants from fruits and vegetables in Juice Plus+® can help maintain healthy DNA. Combined results from **three studies show that Juice Plus+® protects DNA from oxidation, supporting its structural integrity.** Healthy, middle-aged subjects saw a 7-12% reduction in DNA strand breaks over 60 days. Young subjects saw a 44% reduction over 77 days, and elderly subjects saw a 66% reduction over 80 days. Research on nutrition and gene interactions (nutrigenomics) demonstrated that **several genes were changed beneficially after Juice Plus+® intervention. These include genes that affect lipid, glucose, and energy metabolism.**



What has the research found?

OXIDATIVE STRESS AND REDOX BIOLOGY

Redox Biology is the field of research that studies how biological systems respond to oxidation and perform actions against oxidation, known as anti-oxidation. When your body's antioxidants are overwhelmed by free radicals, you enter a state of oxidative stress.

Numerous clinical studies reported increased levels of key antioxidants in the bloodstream after taking Juice Plus[®], which allows the body to protect lipids and proteins from oxidation.

Protected from
Oxidative Stress

Exposed to
Oxidative Stress



What has the research found?

HEALTHY SKIN

Proper circulation is important for healthy skin. It ensures nutrients and oxygen get to your skin tissue, giving it a healthy glow. **Juice Plus+® increases skin micro-circulation by 39%, along with boosting skin hydration, thickness, and density.**



What has the research found?

INFLAMMATION

Juice Plus+® supports a healthy inflammatory response. Inflammation is a silent condition that can contribute to a variety of health issues. **Combined results from several studies show that Juice Plus+® decreases levels of several key biomarkers of inflammation.**

INFLAMMATION



What has the research found?

LUNG HEALTH

Juice Plus+® supports several parameters of healthy lung function, including forced expiratory flow and diffusion capacity. This study, conducted on cigarette smokers, evaluated the effects of Juice Plus+® on maintaining healthy lung function in response to stressors.



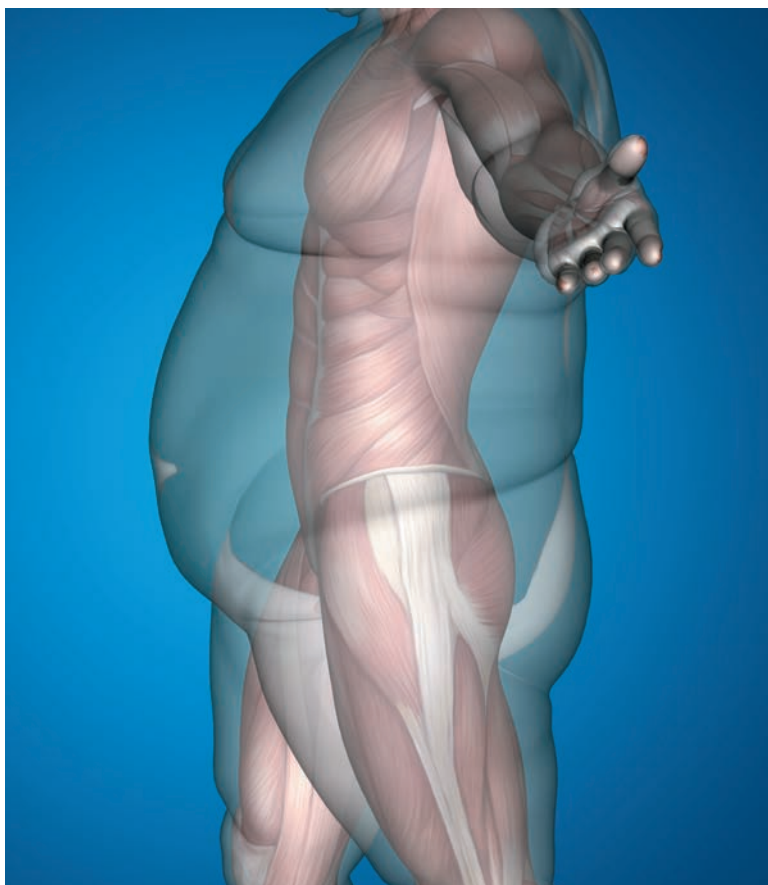
What has the research found?

WEIGHT MANAGEMENT

In one study conducted at Nemours Children's Hospital, groups of boys, ages 6 to 10, were either given diet instruction alone, or diet instruction and Juice Plus+.

Overweight boys in the Juice Plus+® group saw improved insulin resistance, and reduced abdominal fat.

Consuming Juice Plus+® also supports healthy cholesterol, LDL, and triglyceride metabolism.



What has the research found?

THE NEXT BEST THING

In a study where one group of subjects was given 10 servings of fruits and vegetables, and another was given 5 servings of produce, Juice Plus+, and Complete by Juice Plus+ Shake Mix, **Juice Plus+ improved markers of phytonutrients and cell health.** The soy in the Complete shake mix contributed to better protein levels with no issues.



Full Citations

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Juice Plus+ Science Institute (JPSI) is an independent organization dedicated to discovering and unlocking the power of plant-based nutrition. JPSI is founded on a rich history of more than 20 years of objective, scientific research and collaborates with some of the world's most prestigious scientists and researchers to understand the impact that fruits and vegetables have on overall health at every life stage.

Juice Plus+ Science Institute is committed to becoming the world's leading provider of plant-based nutrition resources. Through research and education, JPSI will amplify plant-based research, and advance the role of nutrition as part of a healthy lifestyle.

