

# What are SOME of the Health Benefits of the Fruits, Veggies, Berries and Grains of Juice Plus+?

## Orchard Blend:

Acerola Cherry: Highest fruit in complete Vitamin C, helps with skin collagen, blood vessels and muscles.

Apple: Neutralizes free radicals before damaging DNA

Beet Root: Nerve Health Muscles and bone development

Cranberry: Decreases risk of Urinary tract infections, Improves Kidney and Bladder Health

Date: Muscle Development

Orange: Lowers Cholesterol and Blood Pressure, supports healthy immune system

Papaya: Digestion and the seeds are very strong anti-cancer

Peach: Lowers Cholesterol, helps with Diabetes and the pits are very strong anti-cancer

Pineapple: Asthma, Digestion, Age related Macular Degeneration, Fertility and Diabetes Health

Prune: Digestion and Brain health

## Garden Blend

Beets: Immune system, Liver, kidney and pancreas Health

Broccoli: Blood clotting, skin collagen, eye health and depression

Brown Rice Bran: Bone health, helps with hair loss, anxiety and depression

Cabbage: Weight loss, digestion, ulcer repair, headaches, eczema and jaundice

Carrot: Anti Cancer, skin and eye health

Garlic: Immune system, Prevents Alzheimer's/Dementia, increases athletic performance, detox of heavy metals

Kale: Anti-inflammatory, Heart health, bruise healing and clotting help

Oat Bran: Heart Health, Digestion and Nerve repair

Parsley: Helps prevent Kidney stones and detoxifies the pancreas, liver and bile ducts

Spinach: Helps create Iron rich blood, Brain and eye health and helps collagen in the skin

Sugarbeet Fiber: Increases probiotics in colon, great for digestion

Tomato: Prostate and skin Health

## Vineyard Blend

Artichoke leaf: Lowers cholesterol, increases bile production in the liver and reduces risk of cancer

Bilberry: helps with good Thyroid function, anti-cancer food and great for eye health

Blackberry: Great for strong skin, hair and nails. Good anti-cancer food.

Black Currant: Brain and eye health

Blueberry: Supports nervous system and nerve and brain health. Also an

Concord Grape: Heart Health, strengthens blood vessels.

Cocoa: Helps with Anxiety, Depression, mood swings and Brain health

Cranberry: Decreases risk of Urinary tract infections, Improves Kidney and Bladder Health

Elderberry: lowers Blood pressure and cholesterol, strengthens Immune system and protects the eyes

Ginger root: Anti-inflammatory, improves absorption of nutrients, calms nausea, reduces gas and clears sinuses

Grape Pomace: Now called "The Diabetes Wonder Drug". Its no drug at all, just the skins and seeds of grapes!

Green tea: Anti-anxiety effect, improves brain function, fat loss and lowers risk of most cancers

Pomegranate: Cleans plaque from arteries, lowers BP and cholesterol, helps osteoporosis and depression

Raspberry: Fertility, Heart health and anti-cancer properties

Red Currant: Helps in digestion, bowel health weight management

Tageretin: protects DNA helps to build strong bones and even contributes to a healthy heart