

Absorption of Juice Plus+

per Wendy Campbell – 12/10

The powders themselves, once they're out of the capsules, are absorbed very quickly. They're in a totally bioavailable state- very easy for the body to receive. And basically if you think in terms of the capsule, and if you were to put it in warm water that was 96.8 degrees in temp – our body temp –, it was less than 10 minutes that the capsule actually dissolved.

Some of that nutrition is absorbed right away in the stomach but most of the nutrition is absorbed in the small intestine, so that being the case, we generally suggest you take Juice Plus with a meal. This is based on my education of nutrition and food and because Juice Plus has this whole plethora of up to 25,000 phytochemical's and trace elements and minerals all working together in synergy, and most of the food we eat is processed and is missing a lot of these components. I believe you'll absorb more of the nutrition from the food that you're eating as well because it takes teamwork of nutrition to work together to be able to maximize on absorption because the powders themselves are instantly in an absorbable state.

Now getting back to taking Juice Plus on a full stomach or with food - stomach emptying happens between an hour and 1 ½ hours after eating and most of the nutrition is absorbed in the small intestine so once it goes through the stomach and through the duodenum and into the small intestine then all of the blood supply that feeds the small intestine is what actually picks up that nutrition and carries it to every cell in the body.

Some of that happens very quickly from the stomach, but most of it happens from the small intestine, there are a few things that absorb better in other arenas of the intestine as well so it's a pretty complex system. But it's very exciting because the powders themselves are very bioavailable – they've already gone through a pre-digestion process from the standpoint that the produce has been juiced so that breaks down a lot of the membrane walls etc., of everything in the creation of JP, the juicing itself puts it into a place where it's more available and then of course the combination in Juice Plus isn't just random fruits and vegetables, there's a formula to that, we don't really talk about that, but I've heard Dr. Santillo, the creator of JP, talk about the PH of the fruits and vegetables themselves, the formula of them. The fruits and vegetables actually create a very neutral PH that allows for better absorption too. There's a whole lot that goes into Juice Plus.