

Bariatric Surgery and Juice Plus+®

We have not done studies involving those who have had gastric bypass operations. However, We have recommended Juice Plus+® to countless individuals who have had this operation. Juice Plus has not had any negative feedback and the feedback I have received has been very positive. Juice Plus+® contains no herbal products, no stimulants, no artificial ingredients, no gluten, no dairy products and nothing controversial. If an individual is able to eat a diet that includes a variety of fresh fruits and vegetables in reasonable amounts, it is safe to take the recommended amount of Juice Plus+®. Juice Plus+® is not contraindicated for use with prescription medications that allow a normal diet as defined above.

It is important for gastric bypass patients to start out very slowly. A typical regimen is to treat all patients preparing to have the surgery with Juice Plus for 60 - 90 days prior to surgery. Post-op, patients continue their Juice Plus once tolerating a liquid diet either by chewable's or breaking open the capsules and mixing the granules in water. **The whole capsules are not tolerated immediately after surgery, and run the risk of getting lodged at the gastrojejunostomy.** They continue Juice Plus in the post-op period as a substitute for the usual recommended multi-vitamin (usual protocol is to supply them a multi-vitamin, iron, calcium and B-12). They still receive supplemental calcium, iron and B-12 along with Juice Plus. Use enough water to at least comfortably swallow Juice Plus. These individuals are not able to drink large amounts of water. It is NSA's consistent position that anyone on medications or under the care of a physician for a specific medical condition should consult their physician about taking or continuing to take Juice Plus+®.