

Medical Science reminds us every day that good nutrition and good health go hand in handespecially when it comes to the health benefits of eating fresh, raw fruits and vegetables. Researchers continue to find phytonutrients—health-promoting compounds—in fruits and vegetables that support our immune system, impede the development of degenerative diseases, and contribute to good health in many other ways.

Unfortunately, most people don't eat nearly enough fruits and vegetables, especially not every day. Those we do eat tend to be picked early, over processed, overcooked, or too far removed from the field, and thus lack much of the nutrition provided by a variety of fresh, raw fruits and vegetables.

Many people find fruits and vegetables too inconvenient and too expensive and fail to get the recommended 7 to 13 servings every day.

Juice Plus+® is the next best thing to fruits and vegetables. Certainly everyone should be encouraged to eat more fruits and vegetables - but we know that most people simply won't do it.

Juice Plus+® provides a vital nutritional support system to complement an individual's diet.

## PEOPLE TAKE JUICE PLUS+® BECAUSE

- t contains fruit and vegetable juice powder concentrates in a capsule
- it is convenient
- it is inexpensive
- t is backed by clinical research

## JUICE PLUS+® IS NOT A

- o cure all
- one week health strategy
- Multivitamin
- energy pill
- weight-loss product
- substitute for a healthy diet

On the other hand, many people do enjoy benefits such as greater energy and weight control as they adopt a healthier lifestyle that includes Juice Plus+®.

## IN SHORT, JUICE PLUS+® IS...

...simply a way to get the nutritional elements you need from fruits and vegetables in a convenient capsule form including:

- ↑ the Vitamin C of four oranges.
- the beta-carotene of three raw carrots
- more Vitamin E than several servings of spinach and broccoli, as well as the other phytonutrient components found in the fruits and vegetables Juice Plus+® is made from.