

## NutriPoints Value of Juice Plus +

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The “NutriPoints” system was developed by Dr. Ray Vartabedian to list the nutritional value of over 20,000 foods. Simply put, "positive" foods are good to eat and "negative" foods harm us. We are suppose to eat 100 points a day - of those, 70 should come from fresh raw fruits and veggies. One apple is 4.5 points; pineapple is 8 points, etc. Olympic Coach Jack Medina contacted Dr. Ray and said no one is going to eat those 70 points a day, so what were they to do? Jack and Dr. Ray teamed up to see what they could find to fill this gap.

During one of Jack's talks, a lady asked if he heard of Juice Plus+. He said no, but he didn't want to hear about it unless it had double blind, placebo controlled, peer review research. She said Juice Plus+ did and in 3 hours handed him 3 studies. Jack was pleasantly surprised and impressed with the research and forwarded it to Dr. Ray and asked him to do a “NutriPoint” value on Juice Plus+. After 3 weeks Jack was told the point value of the Orchard and Garden fruit and vegetable blends was **450 points!!!!** Adding 2 additional Vineyard capsules will give you another **105** points! So adding JP+ to a diet gives us **555 points of nutrition** a day that's backed up by the Gold Standard of Science - a winning combination in any book!

Now Coach Medina recommends Juice Plus+ to all of his athletes as well as others.