



FREQUENTLY
ASKED QUESTIONS
ON JUICE PLUS+®



Juice
PLUS+®



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In this flyer, Juice PLUS+® is used synonymously with the Juice PLUS+® nutritional supplement capsules, Juice PLUS+® Soft chewables and Juice PLUS+® chewables.



1. Why is taking Juice PLUS+® so recommended?

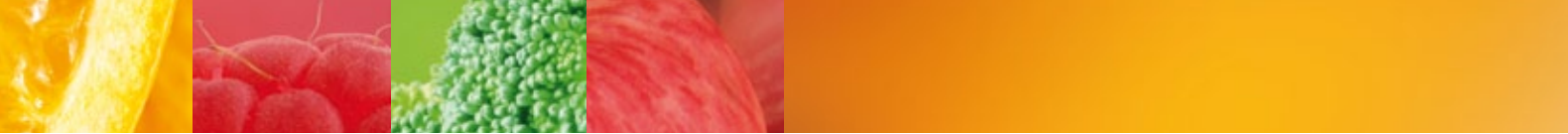
Almost 20 years of experience and an independent clinical research programme have shown that Juice PLUS+® can quite rightly be referred to as “the next best thing after fruit and vegetables”. The composition of Juice PLUS+® with specially developed fruit and vegetable concentrates combined with carefully sourced ingredients creates a recommended product, as the following overview shows.

	Nutrients in Juice PLUS+®				Studies with Juice PLUS+®
	Beta-Carotene (Provitamin A)	Vitamin C	Vitamin E	Folate	
These nutrients contribute to the normal function of the immune system	✓	✓		✓	✓
This nutrient contributes to maintain the normal function of the immune system during and after intense physical exercise		✓			✓
These nutrients contribute to the protection of cells from oxidative stress or have a role in the process of cell division		✓	✓	✓	✓
This nutrient contributes to the normal function of the blood vessels		✓			✓
This nutrient contributes to normal homocysteine metabolism				✓	✓
These nutrients contribute to the normal function of the skin	✓	✓			✓
This nutrient contributes to the normal function of teeth and gums		✓			✓
This nutrient contributes to maternal tissue growth during pregnancy				✓	✓

The nutrients in Juice PLUS+® support your health in a variety of ways.

You have the chance to assess the product on a factual basis and don’t need to rely on the subjective opinions of individual users.

Juice PLUS+® is one of the most researched nutritional supplements in the world.



2. Are the substances retained once the fruit, vegetables and berries are processed?

The aim is to preserve as much as possible the vital nutritional substances when processing all the fruit, vegetables and berry varieties into one final product. The proof that we have achieved this with Juice PLUS+® has been backed up by comprehensive clinical research.



3. Does Juice PLUS+® contain any carbohydrate (sugar)?

There is sugar in Juice PLUS+® capsules but only a very low amount (approx. 1.3g carbohydrate per 2+2+2 capsules). Each Juice PLUS+® Soft chewable of fruit, vegetable and berry blend contains a total of approx. 2 g carbohydrate (the recommended intake for children is 2+2+2 soft chewables).

4. How high is the energy content (calories) of Juice PLUS+®?

The energy content of Juice PLUS+® capsules is negligible. So 2+2+2 capsules of fruit, vegetable and berry blend provide 15 kcal (recommended intake for adults). 2+2+2 Soft chewables of fruit, vegetable and berry blend contain 49 kcal (recommended intake for children).

5. Does Juice PLUS+® contain any gluten?

We can confirm that Juice PLUS+® fruit, vegetable and berry blends have been tested for the presence of gluten using approved methodology, and can be classified according to the Codex Standard as gluten-free i.e. containing less than 20 ppm (mg/kg) of gluten.

In case of gluten intolerance it is advisable to consult your doctor.





6. Does Juice PLUS+® contain any synthetic substances?

Juice PLUS+® contains ingredients derived from natural substances. Moreover, it is free from:

- preservatives
- synthetic colouring
- synthetic stabilisers
- GMO = genetically modified organisms

7. Why are vitamins added to the fruit, vegetable and berry concentrates?

Vitamin E, C, folic acid as well as pro-vitamin A (beta carotene) are added to the Juice PLUS+® concentrate as their physiological effects perfectly complement the properties of the phytochemicals (mainly secondary plant products) from the fruit and vegetable powders.

Refer to the table “Nutrients in Juice PLUS+®” on page 3 to see the range of benefits of each vitamin in the products.

8. Where do the added vitamins come from?

The added vitamins (see point 7) originate exclusively from natural sources. For instance, pro-vitamin A (beta-carotene) comes from a species of algae called Dunaliella Salina, carrots and other sources, vitamin C derives from the Acerola cherry along with other sources, vitamin E from soya oil and folic acid from bio-fermentation which is similar to the folic acid formation in the human body.

9. Is Juice PLUS+® tested for any harmful substances?

Juice PLUS+® is continuously tested for residues of harmful substances throughout the entire production chain, beginning with the fruit and vegetables, then in the production of the powder and finally as a finished product.

The approval of raw materials takes place under strict adherence to all the specific EU directives.

10. Is Juice PLUS+® an organic product?

We strive to use organic fruit, vegetables and berries whenever possible for the production of Juice PLUS+® where seasonal variability allows.

All ingredients used in the production of Juice PLUS+® are tested for the presence of pesticides and herbicides to ensure that all meet the high standards for the products.

11. How is optimum supplementation with Juice PLUS+® at all possible given the relatively small volume of the capsules?

Our own production processes for Juice PLUS+® enable the presence of high concentrations of micronutrients from fruit, vegetables and berries. A large part of the juice volume is eliminated (97-99%)





as a result of the drying process (dehydration).

The parts removed during the juice production, such as the stones and peel etc., are then dried, pulverised and partially added. This results in a highly concentrated powder from juice and pulp made from fruit, vegetables and berries which is then packed into convenient capsules.

12. Do I still need any other supplementary products apart from Juice PLUS+®?

Taking Juice PLUS+® makes an important contribution towards your daily requirement of valuable substances from fruit, vegetables and berries. We'd especially like to emphasise that the valuable ingredients of Juice PLUS+® are provided in the form in which they are found in nature.

13. Where is Juice PLUS+® produced?

The vast numbers of fruit, vegetables and berry types are mostly grown in North America. Some are also grown in Europe and on other continents. The powder manufacturers are all located in North America. The final production (making the capsules and Soft chews) for the whole of Europe takes place in Switzerland. Juice PLUS+® is therefore subject to Swiss quality control and complies with all regulatory requirements applicable in the countries where Juice PLUS+® is marketed.



14. Can Juice PLUS+® be taken during pregnancy?

Expectant mothers have a higher requirement for micronutrients, therefore nutritional supplements are generally recommended during pregnancy. Juice PLUS+® is made from freshly picked, ripe fruit, vegetables and berries. Therefore, Juice PLUS+® can be taken during pregnancy.

Nevertheless, we recommend that you discuss this matter first with your doctor.

15. Why does Juice PLUS+® often contain more than 100% of the "recommended daily allowance" (RDA) of vitamins?

The RDA was originally created to provide a guide to the average amount of a vitamin/mineral that was needed to avoid deficiency. It is now recognised that higher levels may be needed for optimum health. The levels provided by Juice PLUS+® are within levels defined as safe and are seen as typical for food by key expert groups in Europe.



16. Is Juice PLUS+® comparable to vitamin products?

Juice PLUS+® is not comparable to normal vitamin products in many ways. The main substances of Juice PLUS+® are the highly concentrated fruit, vegetable and berry powders which provide valuable phytonutrients (mainly secondary plant products). Unlike vitamin supplements which are often based on isolates or specific vitamins/minerals, Juice PLUS+® is based on the essence of whole fruits and vegetables, thus providing a wide mix of the valuable substances found in these foods.

17. What do I do if I can't swallow the capsules?

The powder can also be consumed without the shell. To do this, pull the capsule apart and mix the powder directly into a meal or a food of your choice, such as yoghurt. Liquids are less suitable for the mixing than solid/semi-solid food.

Alternatively you could take our tasty Juice PLUS+® Soft chews.

18. Should Juice PLUS+® be taken for a short time (just for a certain period) or on a regular basis?

Juice PLUS+® is a nutritional supplement from fruit, vegetables and berries which perfectly complements everyday nutrition. Just as you need fruit, vegetables and berries on a regular basis, as recommended by health experts all over the world (e. g. WHO), it is also advisable to take Juice PLUS+® all the time.



19. What significance does Juice PLUS+® have in sport?

Juice PLUS+® is a food supplement suitable for use within a healthy diet and lifestyle. This includes use by those participating in sport. It is made in a factory that is certified to contain no banned substances, as described in the WADA (World Anti-Doping Authority) list, and research has been published on its use during intense exercise.

20. Can Juice PLUS+® be used with allergies?

We cannot give a definitive answer to this as the causes and effects of allergies and food intolerances can be extremely varied. With respect to allergies, in our experience Juice PLUS+® capsules are tolerated well, even if there is an allergy to one of the fruits and vegetables contained when it is fresh.

Always seek medical advice before taking Juice PLUS+® in the case of an allergy.





RECOMMENDED INTAKE

How should I take Juice PLUS+®?

For adults we recommend taking 2 Juice PLUS+® capsules of fruit, vegetable and berry blends every day with a glass of water at any time to suit you.

Can children take Juice PLUS+®, too?

As soon as children start eating normally or once they can eat fruit and vegetables then they can also take Juice PLUS+®. Generally we recommend half the regular daily intake up to the age of 13. This means only one fruit, vegetable and berry capsule.

The powder from the capsule can also be mixed into the food for small children (see point 17).

The recommended adult intake applies to children over 13 years of age.

How should I take Juice PLUS+® Soft chewables?

The tasty Juice PLUS+® Soft chews are a suitable alternative for children and easier to take. For children under 13, we recommend 2 Juice PLUS+® fruit, vegetable and berry Soft chewables every day. The recommended intake for adults is 4+4+4 Juice PLUS+® Soft chewables per day.

Juice PLUS+® chews contain approx. half the amount of fruit, vegetable and berry powder contained in the capsules which is why we recommend the purchase of two boxes for an adult's use.

For more information, please contact the person who presented this brochure to you.

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