



## What is JUICE PLUS+®

### Let's eat more fruits and vegetables!

Unfortunately, despite the growing evidence and all the resulting publicity, too often because of the fast pace of modern life, it is not easy to do what we know, is beneficial to our well-being.

If we know better, why don't we eat better?

"It's too difficult." Buying and preparing 5 or more servings of different fruits and vegetables every day takes a lot of time. "We're too busy", and fast food restaurants offer only a few alternatives. "They don't taste good all the time", and we don't eat a lot of what we don't like. "I can't afford it". Buying a wide variety of fruits and vegetables all year-round, and using them before they go bad, can be very expensive. And all this with obvious consequences for our physical well-being!

### Juice Plus+®... Nutrition from fruits and vegetables

Juice Plus+® is a simple, convenient, and inexpensive way to add more great nutrition from 17 different fruits and vegetables to your diet, every day.

Juice Plus+® is a fruit and vegetable whole-food nutritional support based on the concept that wholefoods provide the mix, or the "orchestra effect", of nutrients and phytonutrients that are found in nature and which make an important contribution to a healthy and balanced diet.

Juice Plus+® Fruit Blend is created from a wholefood base of eight different fruits: **apples, oranges, pineapples, peaches, cranberries, papayas, acerola cherry, dates and prunes.**



