

The next best thing to fruits and vegetables!



Juice Plus+ CAPSULES

Fruit Blend – Vegetable Blend – Berry Blend

RECOMMENDED CONSUMPTION

Take **two capsules of each blend every day** with a meal and a glass of water.

KEY FACTS

- » Our Capsules deliver a unique blend of **30 different fruits, vegetables and berries**
- » Supported by **over 40 published research studies**
- » **The whole food, plant-based**, minimally processed ingredients work in synergy to deliver a range of healthy benefits
- » **Vegan**
- » **Gluten-free**
- » Made **without GMO** ingredients

QUALITY STANDARDS

- » **Carefully produced** to maximize the quality of the whole food nutrition the capsules deliver.
- » Juice Plus+ Capsules are **certified by NSF** to ensure they meet and exceed strict guidelines for quality and safety.

FRUIT BLEND

Includes: Apples, oranges, pineapples, acerola cherries, peaches, mangoes, prunes, dates, beets, cranberries and lemon peel.

VEGETABLE BLEND

Includes: Carrots, parsley, broccoli, kale, cabbage, tomatoes, spinach, garlic, beet, lemon peel and rice bran.

BERRY BLEND

Includes: Concord grapes, pomegranate, bilberries, blueberries, blackberries, elderberries, raspberries, cranberries, black currants, cocoa and artichoke.

GOOD TO KNOW

- » **Bridging the gap** between what you do eat and what you should eat.
- » **Enjoy Juice Plus+ Capsules** as part of a balanced diet and healthy lifestyle.
- » Supports **cardiovascular wellness**.
- » Supports the function of **the immune system**.
- » Supports **healthy lung function**.
- » Supports **healthy skin and gums**.

Real nutrition. Real simple.



RECOMMENDED CONSUMPTION

Children ages 12 and under:
consume two chewables
of each blend every day.

**Adults and children
ages 13 and up:**
consume four chewables
of each blend every day.

Juice Plus+ CHEWABLES

Fruit Blend – Vegetable Blend – Berry Blend

KEY FACTS

- » Our tasty Soft Chewables deliver **a unique blend of 30 different fruits, vegetables and berries**
- » Whole food, plant-based, minimally processed ingredients in a **tasty chewable form**
- » **Vegan**
- » **Gluten-free**
- » Made **without GMO ingredients**
- » Suitable for **children and adults**
- » **No high-fructose corn syrup**

FRUIT BLEND

Includes: Apples, oranges, pineapples, acerola cherries, peaches, mangoes, prunes, dates, beets, cranberries and lemon peel.

VEGETABLE BLEND

Includes: Carrots, parsley, broccoli, kale, cabbage, tomatoes, spinach, garlic, beet, lemon peel and rice bran.

BERRY BLEND

Includes: Concord grapes, pomegranate, bilberries, blueberries, blackberries, elderberries, raspberries, cranberries, black currants, cocoa and artichoke.

QUALITY STANDARDS

- » Juice Plus+ Chewables are **certified by NSF** to ensure they meet and exceed strict guidelines for quality and safety.

GOOD TO KNOW

- » Bridging the gap between what you do eat and what you should eat.
- » Enjoy Juice Plus+ Chewables as part of a balanced diet and healthy lifestyle.

What's special
about Juice Plus+
Omega Blend?



RECOMMENDED CONSUMPTION

Take **two capsules** every day with a meal and a glass of water.

Juice Plus+ OMEGA BLEND

KEY FACTS

- » 100% vegan
- » A unique blend of **minimally processed** plant oils which provide Omegas 3, 5, 6, 7, & 9
- » Omega-3 from algae, not fish
- » **Scientifically proven** benefits of DHA and EPA
- » NSF certified
- » **Gluten-free**

ADDITIONAL INFORMATION

- » Juice Plus+ Omega Blend contains a variety of omega fatty acids in the form of carefully processed **plant oils** from: algae, pomegranate seeds, sea buckthorn berries, raspberry seeds, safflower seeds and tomato seeds.
- » Juice Plus+ Omega Blend is not derived from **fish**. Pure, sustainable, vegan: we skip the fish and go straight to algae, **the true source of omega-3 fatty acids EPA and DHA**.
- » **The perfect blend of nature and innovation.** Using state-of-the-art technology, the precious oils are encapsulated in a vegan capsule made from tapioca starch. We fill and seal the capsules **without using heat** which allows the nutrients to remain intact and the oils to stay fresh longer. The bubble you see in each Omega blend capsule is actually nitrogen, put there to protect the oils from oxidation.

GOOD TO KNOW

- » **DHA and EPA** contribute to the normal function of the heart*
- » **DHA** contributes to the maintenance of normal vision
- » **DHA** contributes to the maintenance of normal brain function

QUALITY STANDARDS

- » Juice Plus+ Omega Blend capsules are **certified by NSF** to ensure they meet and exceed strict guidelines for quality and safety.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

More than just a protein shake



Complete by Juice Plus+ FRENCH VANILLA & DUTCH CHOCOLATE SHAKES

KEY FACTS

- » Tasty, **easy nutrition on-the-go** to fuel your day
- » **Gluten-free**
- » Vegan
- » **High quality plant protein**
- » **Source of fiber**
- » Prebiotics
- » Made **without GMO ingredients**
- » **Low glycemic**

QUALITY STANDARDS

- » Complete by Juice Plus+ Shakes are made to **the high quality standards** that you expect from our brand.
- » Complete by Juice Plus+ Shakes are **certified by NSF** to ensure they meet and exceed strict guidelines for quality and safety.

PREPARATION

- » Shake or blend **1 serving with 1 cup water, juice or your favorite non-dairy beverage.**
- » For added nutrition and variety, blend with **fresh fruit or berries!**

GOOD TO KNOW

- » **Feel better from the inside out** thanks to plant-powered nutrition. Complete shakes are **packed with prebiotics, fiber, protein, greens, and a superfood blend of essential nutrients.**
- » **Made with simple ingredients:** Waterwashed soy, chickpea powder, pea protein, rice protein, amaranth, millet, quinoa, radish sprouts, broccoli sprouts, and alfalfa sprouts.

Anywhere, anytime.



Complete by Juice Plus+ TART CHERRY + HONEY & DARK CHOCOLATE + FIG BARS

KEY FACTS

- » **No preparation needed!** Our bars provide you with protein and fiber so you can **enjoy a bite of something good on-the-go**
- » **Vegetarian**
- » **Gluten-free**
- » **High quality plant protein**
- » **Source of fiber**
- » Made **without GMO ingredients**
- » **Low glycemic**

QUALITY STANDARDS

- » Complete by Juice Plus+ Bars are made to the **high quality standards** that you expect from our brand.

TART CHERRY + HONEY BAR:

Our Tart Cherry + Honey bar contains tart cherries, seeds, grains, sprouts and more.

DARK CHOCOLATE + FIG BAR:

Our Dark Chocolate + Fig bar contains real chocolate pieces, fig, seeds, grains, sprouts and more.

GOOD TO KNOW

- » **Being busy** doesn't mean you have to compromise your nutrition.
- » Just take a tasty bar out of the wrapper and **enjoy after the school run, between appointments or after the gym.**

For the whole family

healthy
STARTS
FOR FAMILIES

Juice Plus+

HEALTHY STARTS FOR FAMILIES

KEY FACTS

- » **Whether they're in kindergarten or college**, it's never too late to give your child a healthy start
- » **Support for the whole family** in developing positive habits
- » **Empowering families** to make simple but important lifestyle changes

FAMILY HEALTH STUDY

- » With **more than 1.5 million participating families** and nearly **20 years of results**, the Family Health Study helps you document the lasting, positive effects of the changes you and your family make.
- 1. Become a Juice Plus+ Customer**
Purchase adult capsules or chewables and receive chewables or capsules for a child for free.
 - 2. Start Your Journey & See Your Progress**
Take Juice Plus+ every day, and we'll send you surveys periodically to check in on your family's progress.
 - 3. Start Making Better Choices**
See your family make healthy improvements, one simple change at a time.

4 CORE PILLARS OF WELLNESS:



NUTRITION

A healthy diet means a balanced diet.

Healthy eating habits include eating sufficient amounts of fruits and vegetables, portion control and regular meal times.



HYDRATION

Drinking sufficient water is an important part of a healthy lifestyle. Drinking water instead of sugary drinks, eating fruit and vegetables with a high water content and rehydrating after exercise are **essential for feeling your best in body and mind.**



SLEEP

Sleep and stress management are often forgotten when it comes to health. The introduction of **healthy sleeping habits** for the whole family, as well as ways to manage your daily stress are essential not only for your mental health, but for your physical health as well.



FITNESS

A healthy lifestyle is an active lifestyle.

Whether you work out for a few minutes longer every day or set yourself new fitness goals, the important thing is to **motivate your family to be more active** so that everyone stays healthy.

Grow fresh,
healthy produce
at home,
year-round!

**RECOMMENDED
CONSUMPTION**

Fill half your plate
with fruits and
vegetables!



Juice Plus+ TOWER GARDEN

KEY FACTS

- » Grow a variety of **fresh, homegrown fruits, vegetables, herbs and flowers**
- » **How does Tower Garden work?** Simply put, it rains inside! The Tower pumps mineral enhanced water to the top, the water trickles down and **provides everything plants need to grow!**
- » Tower Garden uses **aeroponic technology** – which means plants grow without soil or a need to weed
- » Tower Garden is made of **UV-stabilized, BPA-free, high-quality food-grade plastic**, making it compliant with FDA guidelines for food contact

GROWING SYSTEMS:

FLEX: Short for “flexible”, **this larger system offers versatility to grow indoors** (with LED Grow Lights), or outside with the seasons, with options for extension kits to expand growing opportunities.

- » **Size: 3 sq. ft.**, holds 20 gallons
- » Grows **20 fruits, vegetables, and herbs** – even more with extension kits

HOME: **The smaller of the two growing systems**, ideal for indoor or outdoor growing of greens, herbs and smaller fruiting plants is the **perfect addition to any home space.**

- » **Size: 2 sq. ft.**, holds 13 gallons
- » Grows **32 vegetables, herbs and microgreens**

KEY BENEFITS

- » Plants **grow 3 times faster**
- » Increases yields by an average of **30%**
- » Only needs **2-3 sq. ft.** of space
- » Clean, **sustainable** food
- » **Uses as little as 2% of water** as traditional gardening
- » Better tasting & **more nutrient-dense** produce
- » Control of your food & food security
- » **Education resource**