



amys.health • [Follow](#)



amys.health Think you can't change your DNA? It's just in your genes? You are wrong. We do have the power to supply our bodies with the nutrition needed to suppress DNA damage and it's proven with Juice Plus!

Chronic inflammation contributes to many prevalent diseases worldwide, and it is widely accepted that inflammatory molecules contribute to DNA damage. In this ancillary study, we investigated the influence of an encapsulated fruit and vegetable juice powder concentrate on peripheral blood lymphocytes (PBL) DNA damage. Using a double-blind, placebo-controlled approach, subjects were randomly assigned capsules containing placebo, or one



24 likes

FEBRUARY 9, 2019



Add a comment...

Post



amys.health • [Follow](#)



blind, placebo-controlled approach, subjects were randomly assigned capsules containing placebo, or one of two formulations of the juice powder. Blood was drawn at baseline and after 60 days of capsule consumption. We found DNA damage in isolated PBL is suppressed after consumption of the encapsulated juice powder, and damage was correlated with the level of systemic inflammation. These data suggest a potential health benefit by consuming the juice concentrate capsules through their ability to suppress DNA damage as measured in surrogate tissues (PBL)

174w



24 likes

FEBRUARY 9, 2019



Add a comment...

Post