

JUICEPLUS+™ WASHES YOUR PEROXIDES AWAY

BY OWEN ANDERSON, PH.D.

A lot of the nutritional products sold to runners don't work very well, so it's refreshing to find a reasonably priced supplement which actually does some good. And that would be the case with a nifty little product called JuicePlus+™.

JuicePlus+™ is actually sold in capsule form, the capsules containing dried extracts of either fruits (the "Orchard Blend") or vegetables (the "Garden Blend"). Most of us know that increasing our fruit and vegetable intake is a good idea. After all, there's the fiber, the antioxidants, and all those good vitamins and minerals. But how many of us have the time and discipline to pack away a rich variety of fruits and veggies each and every day? That's where JuicePlus+™ comes in. With a couple of capsules of the Orchard and Garden Blends, we can obtain all the great antioxidants found in rather copious quantities of fruits and vegetables. And those antioxidants become active very quickly once they're inside our bodies. There's good research to back it up!

Recently at the University of Texas Health Science Center in San Antonio, 15 healthy adults (ten women, five men) aged 18 to 53 consumed the JuicePlus+™ capsules twice daily with meals (two Orchard Blend pills with breakfast and two Garden Blend capsules with dinner) for a total of 28 days. None of the subjects were taking vitamin or antioxidant supplements, aside from the JuicePlus+™.

The Orchard Blend extract is composed of fruits (apples, oranges, pineapples, papayas, cranberries and peaches) which are rich in three key antioxidants - lutein, zeaxanthin, and beta-carotene. Studies have linked lutein with a reduced risk of lung cancer and macular degeneration of the eye; zeaxanthin also seems to have a protective effect on eye tissues. The Garden Blend extract is made up of vegetables (carrots, parsley, beets, broccoli, kale, cabbage, spinach, and tomatoes) rich in the same antioxidants, as well as alpha-carotene and lycopene (it's the carrots and tomatoes which really specialize in the latter).

If you've been following antioxidant research, you know that alpha-carotene is more powerful in suppressing liver, lung, and skin cancers in test animals than its more popular sibling beta-carotene. Alpha-carotene has also been linked with a lower risk of cervical cancer in women, and heightened levels of lycopene have been associated with a reduced risk of prostate cancer and all types of digestive-system tumors, including cancers of the mouth, esophagus, stomach, colon, and rectum. Lycopene also seems to provide the skin with protection against the damaging effects of ultraviolet light.

After the 28 days, the subjects' blood levels of beta-carotene increased by 510%, and lycopene soared by 2046%! Meanwhile, lutein strolled upward by 44%, and alpha-carotene advanced by 119%. Alphatocopherol (vitamin E), which is also included in the JuicePlus+™ formulation, headed north by a nice 58% overall, the gains in antioxidant levels were greater than those ordinarily associated with hefty intakes of antioxidant-rich food, suggesting that the antioxidants in JuicePlus+™ were extremely well absorbed. In one prior study, subjects had ingested either two-thirds of a pound of broccoli or .6 pounds of carrots per day, with only modest upticks in blood antioxidant concentrations.

Did all of those changes actually do the subjects any good? Concentrations of "lipid peroxides" represent an indicator of damage related to oxidant stress within the body, and average lipid peroxide levels decreased by a rather remarkable 75% in the study subjects! Neatly enough, all 15 participants reduced their peroxide levels, with five individuals actually ending up with nonmeasurable quantities of peroxides in their blood.

We don't know yet by how much the increases in antioxidants and declines in peroxides observed in this study would lower the risk of atherosclerosis and various cancers, as well as hasten the recovery process during strenuous training. However, it's clear that JuicePlus+™ capsules represent a rather decisive and convenient way to get one's blood oxidant and antioxidant levels headed in the right directions.