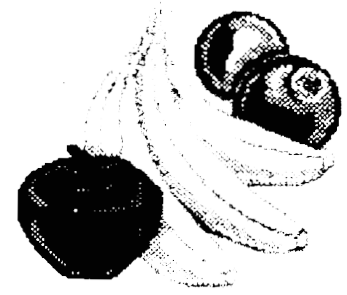




Juice Plus+



I am seven months pregnant and have been on *Juice Plus* for nearly three years. I feel very blessed that I have had a very smooth, trouble free pregnancy. I've experienced no morning sickness or nausea and very few food cravings. I haven't had any illnesses or colds...not even one sniffle. And I've maintained a high energy level throughout my pregnancy. My midwife was thrilled with my lab results and she said that I was "the picture of health." I have also enjoyed having *Juice Plus Lite* to satisfy my appetite and nutritional needs. *Juice Plus Lite* (a shake) is very high in protein...I look forward to my shake with breakfast every morning. I give *Juice Plus* the credit for my good health and for a wonderful pregnancy.

Jennifer Myers Highlands Ranch, Co.

In both of my previous pregnancies I was very anemic and took several iron supplements. In addition, during those pregnancies I had many critical problems that required hospital stays...both of my first two children were born premature and with serious health problems of their own. I figured all of my pregnancies would be this way-and that scared me. During this pregnancy, I used the *Bradley Method* and followed the plan carefully; I wanted to have a healthy, natural birth, and a healthy baby. I knew how important a healthy diet was to me and my baby, so I made nutrition my #1 priority. Since I had trouble finding fruits and vegetables that I would actually eat, *Juice Plus* made it possible for me to give myself and my baby all the vital nutrients that we both needed. I still followed a good diet, but I know that *Juice Plus* made up for those servings of fruits and vegetables that I still lacked. And it paid off...more than I ever imagined it would. My iron levels during the pregnancy were normal (or above) the whole time, and I didn't have to take any medications. I experienced an increase in energy and the headaches that before seemed so constant, dramatically decreased. Our baby was born full term and got the highest APGAR score possible. In fact, the nurse told me that she has never given a 9 / 10 score--until now! The birth of our daughter was the most wonderful experience imaginable. And I know that my pursuit for good nutrition through taking *Juice Plus* had a lot to do with it. I am still taking *Juice Plus* and reaping the benefits of good health. And since my daughter is nursing, she is receiving the benefits of good health too. Lynn Bell Elizabeth, Co.

I have been on *Juice Plus* since about the time that I conceived my son Elliot. I had more energy (instead of less) while I was pregnant; more than before I was even pregnant. I worked 10 - 12 hours a day, on my feet, till the day the baby was born. The day that the baby was born I worked 8 hours. When I realized I was in labor, I went to the hospital and the baby was born within 1 hour. He was extremely healthy. The pediatrician said that he was the healthiest baby he had seen in some time...he scored at the top of the APGAR chart. Elliot will be 1 year old on February 24. He has been a "*Juice Plus Baby*" during prenatal and postnatal (with nursing) and is still doing great. He hasn't had the normal baby illnesses such as ear infections, colds, etc.. And he continues to maintain his high scores at his checkups.

Barbara Fitz Colorado Springs, Co.