

Juice Plus+ for Pregnant Women

Dr. Mitra Ray is a biochemist, and is featured on several **Juice Plus+** audio tapes. She is doubly qualified to speak on the subject of pregnancy.

“As you know, I am pregnant and I only take **Juice Plus+**, NO PRENATALS.”
I have spoken with three physicians at the birthing center and they had no problems with my decision.”

Dr. Mitra Ray

*If your friend or family member is concerned about anything that is in prenats that may not be in **Juice Plus+**, let her know that I compared the best of the best prenats with **Juice Plus+** and there is NO comparison!*

I take 3 fruits and 3 veggies as a minimum. On days that I travel, I take more, because there are lots of bugs going around and I have not gotten sick nor do I wish to.

I know many **Juice Plus+** babies, including Dr. Cindy Sholes'. They tend to be MUCH healthier and MORE developed than the norm. They can almost hold up their heads as soon as they are born. They can track both eyes from the beginning. And they don't seem to get sick as often, etc., etc.

Also, I know mothers that have had pregnancies with and without **Juice Plus+** and the pregnancies with **Juice Plus+** have gone much better.

I have not experienced any morning sickness or major problems.

I also highly recommend:

- **Juice Plus+ Complete** before exercise or when you are suddenly hungry.
- **Juice Plus+ Thins** to prevent too much loss of muscle mass, sugar imbalances, such as gestational diabetes.
- Drink lots of water to keep from getting dehydrated.
- Lots of walking for circulation.
- Massaging you tummy with olive oil once a day to avoid stretch marks.
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Hope this helps,
Dr. Mitra Ray