



# Juice Plus Nutrition

The best way to reduce your risk of disease is to eat healthy. The right fuel in your body makes it run better. Fruits and vegetables are two key food groups known to contribute to better health. Juice Plus+ puts more of the valuable nutrition from fruits and vegetables back into your diet to improve health and wellness. Give yourself a better diet and a healthier lifestyle.

We all know there is a gap between what we should eat and what we actually do eat. Juice Plus+ provides nutrition from fruits and vegetables, as well as grains, plants and algal oils, to help you bridge the gap to a healthy lifestyle. So please, do not hesitate to reach out today and learn more about all the healthy lifestyle options available within your reach.

Current research has shown that a healthier diet and lifestyle can protect you from viruses.

Watch the presentation on Covid-19 and nutrition: [Link to video.](#)



## What Is Juice Plus?

What is Juice Plus? Juice powder concentrates and oils from more than 40 different fruits, vegetables and grains make up this whole-food supplement. Juice Plus is not a substitute for eating fruits and vegetables, but it can provide support for a healthy diet. Antioxidants and phytonutrients are two naturally occurring vitamins found in fruits and vegetables and are prominently used in our products. Every Juice Plus product is made from quality ingredients that are grown fresh on a farm. All of the blends contain a range of nutritionally dense whole foods. The freshness of an orange, the ripeness of a red tomato, and the juicy goodness of blackberries, all shrunk down into convenient, on-the-go solutions. They provide your body with the nutrients you need! For more information, please check out the [Juice PLUS website.](#)

Juice Plus comes in a few different options, because everybody has a preference. These choices include capsules, chewables, shakes and bars. Choose the option that suits your lifestyle and begin helping your diet today! It is important to have a healthy diet and this whole-food supplement will fit in any lifestyle.

## How Juice PLUS is made

**Will Juice Plus+® help \_\_\_\_\_ ?**  
by Wendy Campbell, RN

\*All of the Juice Plus+® Research encompassing 41 scientific peer reviewed medical journal publications, effects the entire body!  
Decreased free radicals = ALL cells in body are damaged less and less which = less damage to DNA, the template of all new cells = healthier cells as cells die and regenerate = balanced immune system = less chronic systemic inflammation = improved cardiovascular output, less constriction of vessels = total body getting healthier. This is basic cellular health. Cells turn into tissues turn into organs and organ systems. We don't have to equate each research piece to a specific health issue.  
As cells improve, so does the entire body.\*

**IP+ Clinical Research Findings**

- Juice Plus+® is bioavailable
- Juice Plus+® supports immune health
- Juice Plus+® helps protect DNA
- Juice Plus+® reduces oxidative stress
- Juice Plus+® contributes to cardiovascular wellness
- Juice Plus+® supports healthy skin
- Juice Plus+® supports healthy gums
- Juice Plus+® supports a healthy inflammatory response
- Juice Plus+® supports quality of life in cancer survivors
- Juice Plus+® improves metabolism in overweight boys
- Juice Plus+® supports lung health in smokers
- Juice Plus+® increases lean body mass
- Juice Plus+® supports healthy gene expression

## Call For Free Consultation!

R & R Family Chiropractic has been helping people across Long Island live a healthier life for over 25 years. We will happily answer any questions you may have regarding this supplement, as well as go over any other healthy living lifestyle questions. The number to call is 516-796-2662. Call us today, because you could be on your way to a healthier lifestyle. So please, [contact us today](#) for more information about all our healthy living options available.

When you call, we can provide you with a free consultation regarding any of our treatments.