# Juice Plus+® Published Clinical Research

<table>
<thead>
<tr>
<th>Research shows that...</th>
<th>Clinical Research Findings</th>
<th>Researchers’ Institutions</th>
</tr>
</thead>
</table>
| Juice Plus+® delivers key antioxidants and other phytonutrients that are absorbed by the body. | Several researchers have studied the bioavailability (absorption by the body) of key nutrients found in Juice Plus+® and reported Juice Plus+® effectively increased plasma levels of antioxidant nutrients and other phytonutrients. | *Tokyo Women’s Medical University*¹  
*University of Florida*²  
*Vanderbilt University School of Medicine*³  
*Medical University of Vienna, Austria*⁴  
*University of Sydney, Australia*⁵  
*King’s College, London, England*⁶  
*Brigham Young University*⁷  
*University of Arizona*⁸  
*University of Texas Health Science Center*⁹ |
| Juice Plus+® reduces oxidative stress. | Several studies have reported improved antioxidant capacity and reduced lipid peroxides, a key indicator of oxidative stress. In addition, researchers found that Juice Plus+® Orchard, Garden and Vineyard Blends together were effective in reducing a marker for oxidative stress associated with aerobic exercise. | *Tokyo Women’s Medical University*¹  
*University of Florida*²  
*King’s College, London, England*⁶  
*University of Texas Health Science Center*⁹  
*Medical University of Graz, Austria*¹⁰  
*University of North Carolina – Greensboro*¹¹ |
| Juice Plus+® helps support a healthy immune system. | Good nutrition is important for normal function of the immune system. Investigators have found Juice Plus+® supports markers of proper immune function. | *University of Florida*²  
*University of Arizona*⁸  
*Medical University of Graz, Austria*¹⁰ |
| Juice Plus+® helps protect DNA. | Good nutrition is also important to protect DNA from oxidative damage. Studies show a reduction from baseline DNA damage after Juice Plus+®. | *University of Florida*²  
*Brigham Young University*⁷ |
| Juice Plus+® positively impacts several key indicators of cardiovascular wellness. | Different investigations showed Juice Plus+® improved various markers of vascular health, including decreased homocysteine levels, and helped maintain normal blood vessel elasticity after a high-fat meal. | *Tokyo Women’s Medical University*¹  
*Vanderbilt University School of Medicine*³  
*University of Sydney, Australia*³  
*Foggia, Italy*¹²  
*University of Maryland School of Medicine*¹³ |

*Randomized, double-blind, placebo-controlled investigation  
Investigation conducted only on the combination of Juice Plus+® Orchard, Garden and Vineyard Blends.  
(For citations, please refer to Page 2.)

For more information about research conducted on Juice Plus+®, please visit [http://www.nutritionandfitnessharmonyjuiceplus.com](http://www.nutritionandfitnessharmonyjuiceplus.com)
## Juice Plus+® Clinical Research Currently Underway

In addition to the clinical studies on Juice Plus+® already published there are numerous others currently underway.

<table>
<thead>
<tr>
<th>Researchers from:</th>
<th>Are investigating the effect(s) of Juice Plus+® on:</th>
</tr>
</thead>
<tbody>
<tr>
<td>*University of Mississippi Medical Center</td>
<td>Pregnancy health.</td>
</tr>
<tr>
<td>*Wake Forest University, funded by the National Cancer Institute of the National Institutes of Health</td>
<td>Nutritional status and various markers of cell health.</td>
</tr>
<tr>
<td>University of Texas/MD Anderson Cancer Center</td>
<td>Nutritional status and quality of life.</td>
</tr>
<tr>
<td>*UCLA/Georgetown University</td>
<td>Bioavailability in an overweight population.</td>
</tr>
<tr>
<td>*University of Milan, Italy</td>
<td>Nutritional status in smokers.</td>
</tr>
<tr>
<td>*Yale University-Griffin Hospital Prevention Research Center</td>
<td>Endothelial function in insulin-resistant adults.</td>
</tr>
<tr>
<td>*University of South Carolina</td>
<td>Markers of systemic inflammation in healthy adults.</td>
</tr>
<tr>
<td>**University of North Carolina – Greensboro</td>
<td>Exercise-related muscle fatigue.</td>
</tr>
<tr>
<td>*University of Würzburg, Germany</td>
<td>Periodontal (gum) health.</td>
</tr>
<tr>
<td>*University of Birmingham, England</td>
<td>Periodontal (gum) health.</td>
</tr>
<tr>
<td>*Ontario, Canada</td>
<td>Markers of oxidation in healthy adults.</td>
</tr>
</tbody>
</table>

*Randomized, double-blind, placebo-controlled investigation

Investigation conducted only on the combination of Juice Plus+® Orchard, Garden and Vineyard Blends.

The citations below refer to the studies on Page 1.

5. Journal of Nutrition 2003;133:2188-2193
8. Integrative Medicine 1999;2:3-10
11. Medicine & Science in Sports & Exercise 2006;38:1098-1105

For more information about research conducted on Juice Plus+®, please visit http://www.nutritionandfitnessharmonyjuiceplus.com