

The Whole Food Power of *Juice Plus+ Vineyard Blend*[®]

Juice Plus+ Vineyard Blend is a whole food concentrate in a natural gelatin capsule. It provides whole food based nutrition from 9 berries and 4 other carefully chosen whole foods.

For the first 5000 years of civilization, humans relied on foods and herbs for medicine. Only in the past 50 years have we forgotten our medicinal "roots" in favor of patent medicines. While pharmaceuticals have their value, we should not forget the well-documented, non-toxic and inexpensive healing properties of whole foods.



BLACK CURRANT: A rich source of antioxidants & essential fatty acids. Has anti-inflammatory and immune enhancing properties, soothes digestion, fights colds & high-cholesterol. Regulates metabolism, reduces risk of kidney stones by creating an alkaline environment. Provides iron, phosphorus, potassium, calcium and Vitamins A, E, B1, B2, B3 & B6, and three times more Vitamin C than oranges.



BLACKBERRY: infections, birth defects & chronic disease. Contains anti-aging phytochemicals that inhibit four different types of cancer causing agents. High antioxidant/ORAL value. Contains Vitamin C, E, calcium, folic acid, potassium, iron, anthocyanins, enzymes, ellagic acid & fiber.



BLUEBERRY: Provides high antioxidant values and numerous health benefits including protection against urinary-tract infections, cancer, age-related health conditions, memory loss and brain damage from strokes. Helpful for reduction of high cholesterol, heart disease, blood clots & stroke. Contains vitamins A, C & E, resveratrol, zinc, potassium, iron, calcium, magnesium & fiber.



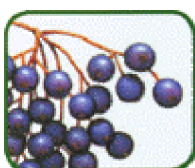
BILBERRY: Has outstanding anti-aging, anti-cancer & antioxidant properties. Prevents and improves eye conditions: macular degeneration, cataracts, night blindness & retinopathy. Beneficial for anxiety, varicose veins, urinary tract infections, hypoglycemia, circulation, inflammation, stress, maintains blood vessel flexibility, lowers risk of blood clots & heart disease, controls bleeding, helps balance insulin, strengthens connective tissues and inhibits bacterial growth. Rich in vitamins C & A.



RASPBERRY: Rich in anthocyanin antioxidants and cell protecting cancer fighting phytochemicals: ellagic, coumaric & ferulic acid. Promotes wound healing, heart & liver health, has antibacterial, anti-yeast & antifungal properties. Contains fiber, calcium, manganese, enzymes, vitamins A, B, C, E, fiber & folic acid.



PURPLE GRAPE: Contains over 12 antioxidants including polyphenols, quercetin, resveratrol & proanthocyanidin flavanoids that scavenge free-radicals. Provides protection & support against cardiovascular disease, arterial plaque build-up, ADD, cancer, inflammation, asthma, diabetes, liver disease, cataracts, macular degeneration, damage to blood vessels & skin. Enhances cardiovascular function, circulation & memory. Contains Vitamin C, K, quercetin, manganese, fiber & potassium.



ELDERBERRY: A top antiviral nutrient. Provides phytonutrients that influence proper cell function and protection in the human body. Beneficial for colds, cold sores, infection, sore throats, sinusitis, flu, viruses, asthma, bronchitis, infections, coughing, nerves, back pain & inflammation of the urinary tract & bladder. Rich in nutrients, polyphenols, antioxidants, amino acids, flavanoids, tannins & carotenoids.



CRANBERRY: Treats & prevents urinary tract infections. Protects against cancer, stroke & heart disease. Rich in potent antioxidants - polyphenols, procyanidins & resveratrol. Helps reduce cholesterol, gum disease, stomach ulcers, breast cancer & bacteria growth. High in Vitamin C & dietary fiber.



RED CURRANTS: High in vitamin C as well as vitamin B, iron and phosphorus.



GRAPE SEED: Rich in phytochemicals that have potent antioxidant properties. It also supports blood circulation and stronger blood vessels



GINGER ROOT: Can help the digestive process by breaking down proteins. It alleviates nausea and morning sickness by relaxing stomach muscles, and pregnant women can use it safely for this purpose. Popular as a stomach aid, ginger root has also been shown to improve circulation by relaxing muscles around blood vessels so blood can flow more easily. It can reduce high levels of LDL cholesterol (the "bad" cholesterol) by helping to excrete it from the bloodstream, as well as by preventing the body from absorbing it. Ginger root can help to lower blood pressure as well. It is known to contain vasodilators, ACE inhibitors and diuretics, all of which are useful agents in reducing blood pressure and keeping the circulatory system healthy. Blood clots can also be prevented with supplements of ginger root, which contains substances that inhibit the aggregation of blood platelets that form clots. Ginger root has antioxidant and anti-inflammatory properties and, as an antioxidant, it may help boost immunity and relieve the symptoms of colds and flu. Its anti-inflammatory properties make it useful in treating pain and inflammation.



Tea (including black, oolong and **GREEN TEA**, not herbal teas): Amazing and diverse pharmacological activity, mainly due to catechins. Tea acts as an anticoagulant, artery protector, antibiotic, anti-ulcer agent, cavity-fighter, anti-diarrheal agent, anti-viral agent. In animals tea and tea compounds are potent blockers of various cancers. Tea drinkers appear to have less atherosclerosis (damaged, clogged arteries) and fewer strokes. Green tea, popular in Asian countries, is highest in catechins, followed by oolong and ordinary black tea, common in the United States. Green tea is considered most potent.



ARTICHOKE: Has been shown to improve digestion, liver function, and help lower high LDL cholesterol levels and prevent heart disease and arteriosclerosis. Artichoke has been shown to be a natural remedy which improve various digestive health disorders, shown to significantly lowered blood LDL cholesterol levels, prevent heart disease and arteriosclerosis - plaque problems, enhance detoxification reactions, as well as protect the liver from damage. This combination of benefits is very important to healthy liver function. Artichoke Excellent source of: **Vitamin C** (15mg), and **Folate** (87mcg) Good source of: **Magnesium** (76.8mg), and **Potassium** (474mg).

Nutraceuticals: Nutraceuticals are substances found in food that provide a medical or health benefit. Raspberries, black raspberries, blackberries, blueberries, and black currants have been found to contain generous quantities of these compounds. In recent years, much research focus has been directed toward berries. The high levels of natural Antioxidant compounds found in berries have been found to aid in the prevention of esophageal and colon cancer. Antioxidants are good for you. **What are Antioxidants?** Antioxidants are compounds or groups of compounds that neutralize unstable molecules in humans. Antioxidants can be vitamins A, C and E, lycopene, and/or ellagic acid. National independent research suggests that consumption of these fruits may slow the aging process in both the body and the brain. Black Currants have been found to have the highest levels, and Blueberries and Raspberries have especially high levels of the compounds.