

The 17 fruits and vegetables that make up Juice Plus +®



APPLES - A good source of boron, cellulose and pectin.



CHERRY - A rich source of calcium, vitamin C, anthocyanins, Iron and potassium.



CRANBERRY - Strong antibiotic and Antiviral elements.



ORANGE - Contains carotene, terpenes and flavonoids, vitamin C.



PAPAYA - A rich source of vitamin A and potassium. Long history of usage in helping digestion.



PEACH - A source of vitamin A and Potassium. Long history of usage in helping digestion.



PINEAPPLE - High in bromelain and manganese. Also a good source of vitamin C.



TOMATO - A rich source of lycopenes. Also high in beta-carotene and vitamin C.



BEET - High in folic acid. Contains Iron, calcium, potassium.



BROCCOLI - High in beta carotene, vitamin C, calcium, iron, and folic acid. A super source of chromium.



CABBAGE - Contains numerous antioxidants. High in calcium and potassium.



CARROT - A super source of beta-carotene. High in vitamin A as C as well as pectin, fluorine and potassium.



KALE - A rich source of many antioxidants. High in calcium, iron, vitamin A as C.



PARSLEY - High concentrations of antioxidants, including monoterpenes, phthalides, polyacetylenes. Rich source of folic acid, iron and vitamins A and C.



SPINACH - A super source of antioxidants and rich in fiber. High in potassium, iron, calcium, and vitamin C.

RICE - (no gluten) A good source of thiamin, riboflavin, niacin, phosphorus, and potassium)

OATS - (no gluten) High in calcium, iron, potassium and vitamins B1, B2, and B3.

Recommendation for Adults

Capsules: 2 Fruit in AM + 2 Vegetables in PM
Chewables: 4 Fruit in AM + 4 Vegetables in PM
Gummies: 6 Fruit in AM + 6 Vegetables in PM

Recommendation for Children

Age—2+ Yrs 2 Chewables or 2 Gummies Daily
Age—3+ Yrs 4 Gummies Daily
Age—5+ Yrs 2 Capsules or 4 Chewables or 6 Gummies Daily
From 80 lbs Weight Adult Quantity Is Appropriate

For More Information, Contact:

Brenda Schinke

www.brendatakesjuiceplus.com

coachschinke@aol.com