

# FACT SHEET - COMPLETE BY JUICE PLUS+ SHAKE MIX

## COMPLETE BY Juice PLUS+



### How should I prepare it?

However you like! One of the beauties of the product is that it is delicious simply mixed with water, or it could be used as the base for an exquisite smoothie, with your favorite type of milk, juice, fresh berries or vegetables added (see recipe cards). It is also a fantastic ingredient in baking.

### How often should I drink it?

Again, that is entirely up to you. Many customers enjoy Complete each and every morning, especially when they are short on time, for it provides quick and tasty yet balanced nutrition. Our single-serve sachets are especially popular with travelers (don't forget to pack a shaker!), while gym enthusiasts swear by it as a post-workout recovery shake. Great for the entire family.

### What is Complete?

Available in Dutch Chocolate and French Vanilla flavors, Complete by Juice Plus+ is a natural whole food based shake mix that provides a delicious, healthy burst of balanced nutrition in every serving.

### What is the nutritional breakdown of Complete?

Each 37.5-38 gram serving - when prepared with 8oz water - contains:

- less than 1 gram of fat
- 20 grams of carbohydrates
- 13 grams of protein
- 140 calories

If preparing with 8oz unsweetened almond milk, for instance, there would be approximately:

- 3.5 grams of fat
- 22 grams of carbohydrates
- 14 grams of protein
- 160 calories

### Why does it contain so many carbs, and what about the sugar content?

Carbs are an absolutely essential part of maintaining health. They are what your body needs and uses for fuel. There are many differences in the types of sugar that are available. We prefer close to nature, low processed sources and one serving of Complete contains roughly half as much sugar as an apple.

What's more, there is a myth in the fitness world that protein is the only nutrient needed after a workout, when in fact studies have shown that, after prolonged exhaustive exercise, people benefit from taking on both carbs and protein (and, in fact, consuming only carbs is more beneficial than consuming only protein, post-workout).

<https://www.ncbi.nlm.nih.gov/pubmed/1601794>

### I heard that soy is bad for you. Is that the case?

Overall, clinical studies have shown that soy is an incredibly healthy ingredient. It is the only vegetarian source of protein that contains a complete amino acid profile and it is minimally processed.

<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/protein.html>  
<https://www.ncbi.nlm.nih.gov/m/pubmed/22119991/>

## SIX KEY BENEFITS OF COMPLETE SHAKES

### PROTEIN

Each Complete serving contains 13 grams of minimally processed, water-washed soy and other natural protein (a proprietary protein blend of low processed soy protein, chickpea powder, pea protein and rice protein).

Protein is essential for all cell rebuilding, including muscle regeneration. The protein found in Complete is considered superior to the more ubiquitous, highly processed whey protein products because it is whole food and therefore minimally processed.

### GLUTEN-FREE

The product is tested and validated by NSF to attest that it is gluten-free.

### LOW GLYCEMIC

Complete shakes are classified as low glycemic because they comfortably fall within the Low range of the Glycemic Index (55 or less). This means that Complete won't cause a spike in insulin levels, which create a cascade of negative events in your body. Low glycemic foods allow the body to maintain a more steady level of insulin for a longer period of time, which is more healthful for the body.

### VEGAN

None of the ingredients we use are of animal origin or have any animal by-products and therefore Complete is considered acceptable for vegans. It is especially useful to vegans in that it provides a significant source of plant-based protein.

### NON-GMO

Of the 94 crops that largely feed the world's population, only ten have been genetically modified. All of the ingredients in Juice Plus+ Complete are identity preserved non-GMO. This means that their non-genetic identity has been preserved from the seed all the way through to the finished product.

<https://agro.biodiver.se/2014/03/so-how-many-crops-feed-the-world-anyway/>

### FIBER

Complete is considered a high fiber food: its 8 grams of fiber per serving constitute roughly a third of your recommended daily intake. The benefits of fiber intake include satiety, digestion and regularity.