

FACT SHEET - JUICE PLUS+ OMEGA BLEND

Juice PLUS+



What are the overall health benefits in taking an omega capsule?

Just as most people don't consume enough fruits and vegetables daily, they're also lacking in omega fatty acids. It's an issue because omega fatty acids are as important to your health as fruits and veggies!

There are over ten thousand medical journal studies that show that omega fatty acids have helped just about every organ in the body stay healthier, especially your brain, eyes, and heart.

Studies have shown that people who have the highest blood levels of omegas live healthier, happier, and longer lives than those with the lowest levels.

<https://www.fasebj.org/doi/10.1096/fj.201802297R>

<https://www.aging-us.com/article/101021>

<https://www.sciencedirect.com/science/article/pii/S0735109711031317?via%3Dihub>

I've heard all about omega-3. What about omega-5, 6, 7 and 9?

While most omega products provide only omega-3, Juice Plus+ Omega Blend provides a base of other plant extracts containing various naturally occurring omega fatty acids. The benefits of omega-5 and 7 range from digestive to skin health. Furthermore, omega-6 and 9 have long been recognized for qualities in relation to cardiovascular health and anti-inflammation.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/jcp.27556>

<https://www.sciencedirect.com/science/article/pii/S0378874117332488?via%3Dihub>

[https://www.clinicalnutritionjournal.com/article/S0261-5614\(16\)30179-0/fulltext](https://www.clinicalnutritionjournal.com/article/S0261-5614(16)30179-0/fulltext)

What is Juice Plus+ Omega Blend?

Juice Plus+ Omega Blend is a plant-based combination of the omega-3, 5, 6, 7, and 9 fatty acids, made from fruits, algae, and seed oils. The omega-3 fatty acids in Juice Plus+ Omega Blend are sourced from a pure, sustainable and vegan source - algae - while the other fatty acids are derived from cold pressing seeds and berries. Even the capsule shell is vegan.

How often should I take it?

Take two capsules of Juice Plus+ Omega Blend every day, preferably at mealtimes, with a glass of water.

Why is it not a fish oil like other omega products?

What makes Juice Plus+ Omega Blend so unique is it's a 100% plant-based omega product. We bypass the middle fish and go straight to the fishes' source, the algae, combining it with other omega fatty acids derived from cold pressed seeds and berries.

WHAT'S IN JUICE PLUS+ OMEGA BLEND?

POMEGRANATE SEED OIL

Pomegranate grows on fruitful soil, soaking up the sun to produce juicy, ruby-red arils. The secret of the pomegranate can be found in a single drop of its precious seed oil, so abundant in omega-5 fatty acids that it is valued and has been traditionally used for centuries. We source our pomegranate seed oil from California.

RASPBERRY SEED OIL

Cold pressed from the seed of the super-fruit, raspberry seed oil is a very potent antioxidant that contains omega-3 and omega-6 acids. Ours is sourced from the Midwest. Together with sea buckthorn berry oil, this ingredient gives the capsules their distinctive orange color.

SEA BUCKTHORN BERRY OIL

A tart, golden berry that grows under the harshest conditions braves the elements to become a resilient fruit and a powerful source for omega-7. It has one of the highest omega-7 potencies of any known plant source and has been traditionally used in Asian cultures for hundreds of years, where it is known as "liquid gold". We source our sea buckthorn berry oil from the Himalayan Mountains of Asia.

TOMATO SEED OIL

Another ingredient that is cold pressed from seeds, our tomato seed oil is sourced from the U.S.

SAFFLOWER SEED OIL

A rich source of unsaturated fatty acids, especially omega-9, our safflower seed oil is sourced from Europe.

ALGAL OIL

Algal oil is derived directly from algae. This oil contains Docosahexaenoic acid (DHA), which accounts for 97% of the omega-3 fats in the brain and retinas. We use micro-algae, the original marine source of omega-3. As one of the earth's oldest plant organisms, it is the base of the aquatic food chain and the reason why fish oil is rich in omega-3. Micro-algae is powerful and filled with omega-3 fatty acids to maintain normal function of the heart, brain, and eyes.

To avoid disruption of the marine ecosystem, over-fishing and to avoid contaminants, our micro-algae is cultivated in closed and controlled vessels.