



Juice PLUS+

# Healthy Starts for Families

Jumpstart your whole family on a path to healthier living with Healthy Starts for Families, a simple and affordable way to improve your family's healthy eating habits.

## OVERVIEW

The Healthy Starts for Families program is a simple approach to health that empowers your family to make easy changes in 4 areas: Fitness, Sleep, Hydration and Nutrition.

Families participating in the Healthy Starts program have reported they were reaching for healthier snacks, drinking more water, getting enough sleep and getting more exercise.

And, with our whole food-based Fruit and Vegetable Blend chewables, you can help inspire your family to make healthy eating choices.

## PRODUCT BENEFITS

Our Fruit and Vegetable Blends Capsules support immune and skin health with nutrition from over 20 fruits and vegetables. Juice Plus+

gives you the peace of mind that you and your family are getting the variety of nutrients you need, every day. Kids and adults alike love our soft, tasty chewables that are made with the same fruit and veggie powders as our capsules.

Since joining the Healthy Starts for Families program, families have shared with us:

<b>71%</b> were consuming less fast food and soft drinks	<b>71%</b> were eating more fruits and vegetables	<b>61%</b> were drinking more water	<b>60%</b> were missing fewer days of school
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## WHAT'S INCLUDED

### A 4-month supply for the adult:

Juice Plus+ Fruit Blend capsules (240 capsules)

Includes: Apple, Peach, Cranberry, Orange, Mango, Acerola Cherry, Pineapple, Prune, Date, Beet and Lemon Peel. Contains Vitamins A, C and E.

Juice Plus+ Vegetable Blend capsules (240 capsules)

Includes: Broccoli, Parsley, Tomato, Carrot, Garlic, Beet, Spinach, Cabbage, Kale, Rice Bran and Lemon Peel. Contains Vitamins A, C and E.

### A 4-month supply for the child:

Juice Plus+ Fruit and Vegetable Blend chewables

(2) pouches of Fruit Blend

Includes: Apple, Peach, Cranberry, Orange, Mango, Acerola Cherry, Pineapple, Prune, Date, Beet and Lemon Peel. Contains Vitamins A, C and E.

(2) pouches of Vegetable Blend

Includes: Broccoli, Parsley, Tomato, Carrot, Garlic, Beet, Spinach, Cabbage, Kale, Rice Bran and Lemon Peel. Contains Vitamins A, C and E.

starting at  
**\$50/month\***  
**\$200/full payment**  
**\$1.67/day**



## CONSUMPTION

For children under 13 years old: 2 Fruit and 2 Vegetable chewables per day

Above 13 years old: 4 Fruit and 4 Vegetable chewables per day

For adults: 2 Fruit and 2 Vegetable capsules per day

\*Product combination pricing may change with your product mix. See website for full details and product options. To receive free chewables for the child, purchase of adult capsules and participation in the Family Health Study is required. There is a \$10 shipping charge (per shipment) for the child's free product.