

## JUICE PLUS+ ESSENTIALS

## Capsules

FRUIT BLEND – VEGETABLE BLEND – BERRY BLEND

THE NEXT BEST THING  
TO FRUITS AND VEGETABLES

## KEY FACTS

- + Our Capsules deliver a unique blend of 30 different fruits, vegetables and berries
- + Supported by over 40 published research studies
- + The whole food, plant-based, minimally processed ingredients work in synergy to deliver a range of healthy benefits
- + Vegan
- + Gluten-free
- + Certified Non-GMO

## QUALITY STANDARDS

- + Carefully produced to maximize the quality of the whole food nutrition the capsules deliver
- + Juice Plus+ Essentials Capsules are certified by NSF to ensure they meet and exceed strict guidelines for quality and safety

## RECOMMENDED CONSUMPTION

- + Take two capsules of each blend every day with a meal and a glass of water

## FRUIT BLEND

**Includes:** Apple, orange, pineapple, acerola cherry, peach, mango, prune, date, beet, cranberry and lemon peel

## VEGETABLE BLEND

**Includes:** Carrot, parsley, broccoli, kale, cabbage, tomato, acerola cherry, spinach, garlic, beet, lemon peel and rice bran

## BERRY BLEND

**Includes:** Concord grape, pomegranate, bilberry, blueberry, blackberry, acerola cherry, elderberry, raspberry, cranberry, black currant, cocoa and artichoke

## GOOD TO KNOW

- + Bridge the gap between what you do eat and what you should eat
- + Enjoy Juice Plus+ Essentials Capsules as part of a balanced diet and healthy lifestyle
- + Supports cardiovascular wellness
- + Supports the function of the immune system
- + Supports healthy lung function
- + Supports healthy skin and gums



## PRICES:

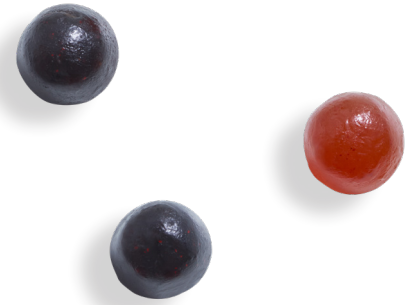
Trio (Fruit, Vegetable, Berry):  
\$80/month  
\$320/full payment  
\$2.67/day

## JUICE PLUS+ ESSENTIALS

## Chewables

FRUIT BLEND - VEGETABLE BLEND - BERRY BLEND

REAL NUTRITION. REAL SIMPLE.



## KEY FACTS

- + Our tasty soft Chewables deliver a unique blend of 30 different fruits, vegetables and berries
- + Whole food, plant-based, minimally processed ingredients in a tasty chewable form
- + Vegan
- + Gluten-free
- + Certified Non-GMO
- + Suitable for children and adults
- + No high-fructose corn syrup

## QUALITY STANDARDS

- + Juice Plus+ Chewables are certified by NSF to ensure they meet and exceed strict guidelines for quality and safety

## GOOD TO KNOW

- + Bridge the gap between what you do eat and what you should eat
- + Enjoy Juice Plus+ Chewables as part of a balanced diet and healthy lifestyle

## FRUIT BLEND

**Includes:** Apple, orange, pineapple, acerola cherry, peach, mango, prune, date, beet, cranberry and lemon peel

## VEGETABLE BLEND

**Includes:** Carrot, parsley, broccoli, kale, cabbage, tomato, spinach, garlic, beet, lemon peel and rice bran

## BERRY BLEND

**Includes:** Concord grape, pomegranate, bilberry, blueberry, blackberry, elderberry, raspberry, cranberry, black currant, cocoa and artichoke

## RECOMMENDED CONSUMPTION

- + **Children ages 12 and under:** consume two chewables of each blend every day
- + **Adults and children ages 13 and up:** consume four chewables of each blend every day

## PRICES:

**Trio adult** (Fruit, Vegetable, Berry):  
\$82.50/month, \$330/full payment, \$2.75/day

**Fruit & Vegetable child:**  
\$29/month \$116/full payment \$0.96/day

**Berry child:**  
\$14.50/month, \$58/full payment, \$0.48/day



## JUICE PLUS+ ESSENTIALS

# Omega Blend

## WHAT'S SPECIAL ABOUT JUICE PLUS+ OMEGA BLEND?

**KEY FACTS**

- + Vegan
- + A unique blend of minimally processed plant oils which provide Omegas 3, 5, 6, 7, & 9
- + Omega-3 from algae, not fish
- + Scientifically proven benefits of DHA and EPA
- + Certified non-GMO
- + Gluten-free

**QUALITY STANDARDS**

- + Juice Plus+ Essentials Omega Blend Capsules are certified by NSF to ensure they meet and exceed strict guidelines for quality and safety

**GOOD TO KNOW**

- + DHA and EPA contribute to the normal function of the heart\*
- + DHA contributes to the maintenance of normal vision and brain function

**ADDITIONAL INFORMATION**

- + Juice Plus+ Omega Blend contains a variety of omega fatty acids in the form of carefully processed plant oils from: algae, pomegranate seeds, sea buckthorn berries, raspberry seeds, safflower seeds and tomato seeds
- + Juice Plus+ Omega Blend is not derived from fish. Pure, sustainable, vegan: we skip the fish and go straight to algae, the true source of omega-3 fatty acids EPA and DHA
- + The perfect blend of nature and innovation. Using state-of-the-art technology, the precious oils are encapsulated in a vegan capsule made from tapioca starch. We fill and seal the capsules without using heat which allows the nutrients to remain intact and the oils to stay fresh longer. The bubble you see in each Omega Blend capsule is actually nitrogen, put there to protect the oils from oxidation

**RECOMMENDED CONSUMPTION**

- + Take two capsules every day with a meal and a glass of water

**PRICES:**

**\$32.50/month**  
**\$130/full payment**  
**\$1.08/day**

## JUICE PLUS+ COMPLETE

# French Vanilla & Dutch Chocolate Shakes

## NOT YOUR AVERAGE SMOOTHIE

## KEY FACTS

- + Tasty, easy nutrition on-the-go to fuel your day
- + Gluten-free
- + Vegan
- + High-quality plant protein
- + Source of fiber
- + Prebiotics
- + Certified Non-GMO
- + Low glycemic

## GOOD TO KNOW

- + Feel better from the inside out thanks to plant-powered nutrition. Complete shakes are packed with prebiotics, fiber, protein, greens, and a superfood blend of essential nutrients
- + Made with simple ingredients: waterwashed soy, chickpea powder, pea protein, rice protein, amaranth, millet, quinoa, radish sprouts, broccoli sprouts, and alfalfa sprouts



## PREPARATION

- + Shake or blend 1 serving with 1 cup water, juice or your favorite non-dairy beverage
- + For added nutrition and variety, blend with fresh fruit or berries!

## QUALITY STANDARDS

- + Complete by Juice Plus+ Shakes are made to the high-quality standards that you expect from our brand
- + Complete by Juice Plus+ Shakes are certified by NSF to ensure they meet and exceed strict guidelines for quality and safety

## PRICES:

**Four 15-serving pouches:****\$38/month, \$152/full payment, \$2.53/shake****60 single serve sachets:****\$42/month, \$168/full payment, \$2.80/shake**

**JUICE PLUS+ COMPLETE**

# Tart Cherry + Honey & Dark Chocolate + Fig Bars

**ANYWHERE, ANYTIME.**

**KEY FACTS**

- + No preparation needed! Our bars provide you with protein and fiber so you can enjoy a bite of something good on-the-go
- + Vegetarian
- + Gluten-free
- + High-quality plant protein
- + Source of fiber
- + Certified Non-GMO
- + Low glycemic

**QUALITY STANDARDS**

- + Complete by Juice Plus+ Bars are made to the high-quality standards that you expect from our brand

**GOOD TO KNOW**

- + Being busy doesn't mean you have to compromise your nutrition
- + Just take a tasty bar out of the wrapper and enjoy after the school run, between appointments or after the gym

**TART CHERRY + HONEY BAR**

Our Tart Cherry + Honey bar contains tart cherries, seeds, grains, sprouts and more

**DARK CHOCOLATE + FIG BAR**

Our Dark Chocolate + Fig bar contains real chocolate pieces, fig, seeds, grains, sprouts and more

**PRICES:**

\$37.50/month  
\$150/full payment  
\$2.50/bar



## JUICE PLUS+

## Perform

PLANT-POWERED NUTRITION.  
TAILORED FOR PERFORMANCE.



## KEY FACTS

- + A fruit fusion flavored shake that gives you protein to build your muscles, mental focus to support your workout, and energy to help you stay consistent with your fitness program
- + A unique mix of whole food based ingredients that provide essential amino acids and plant-based vitamins that work together to support your active lifestyle
- + Vegan
- + Gluten-free
- + Made without GMO ingredients

## BENEFITS

- + Supports muscle growth
- + Supports muscle recovery
- + Supports energy production
- + Supports mental performance
- + Supports bone health

## PREPARATION

- + Add two scoops (40g) of powder to 10oz (300ml) of water and mix thoroughly. If desired, you can mix it with juice or a non-dairy beverage, preferably in a shaker cup or a blender. Create delicious smoothies with your favorite add-ins like fruits or vegetables<sup>2</sup>

## INGREDIENTS

- + 25g high-quality plant-based soy protein per serving
- + Naturally occurring B vitamins<sup>1</sup> from guava, mango and lemon extracts
- + Naturally occurring Vitamin C from acerola cherry
- + Naturally occurring Vitamin D from mushroom powder
- + Antioxidant and recovery support from beetroot and tart cherry
- + Only 6g of sugar per serving from naturally sourced sugars
- + Only 150 calories per serving

## QUALITY STANDARDS

- + Juice Plus+ Perform is certified by NSF to ensure it meets and exceeds strict guidelines for quality and safety

## RECOMMENDED CONSUMPTION

- + One serving per day, either an hour before or up to two hours after a workout, to maximize benefit. Consume anytime you would like to add more high-quality protein to your nutritional intake. Juice Plus+ Perform is not meant to replace a meal or be used for weight loss



## PRICES:

- 30 Servings:**  
\$30/month, \$120/full payment, \$4/serving
- 60 Servings:**  
\$55/month, \$220/full payment, \$3.67/serving

<sup>1</sup> Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic acid), B6, B9 (Folate).

<sup>2</sup> The inclusion of additional ingredients will impact the nutritional profile of the shake.

**JUICE PLUS+**

# Healthy Starts for Families

**FOR THE WHOLE FAMILY****KEY FACTS**

- + Whether they're in kindergarten or college, it's never too late to give your child a healthy start
- + Support for the whole family in developing positive habits
- + Empowering families to make simple but important lifestyle changes

**FAMILY HEALTH STUDY**

With more than 1.8 million participating families and over 20 years of results, the Family Health Study helps you document the lasting, positive effects of the changes you and your family make

**1 BECOME A JUICE PLUS+ CUSTOMER**

Purchase adult capsules or chewables and receive chewables or capsules for a child for free

**2 START YOUR JOURNEY & SEE YOUR PROGRESS**

Take Juice Plus+ every day, and we'll send you surveys periodically to check in on your family's progress

**3 START MAKING BETTER CHOICES**

See your family make healthy improvements, one simple change at a time

**4 CORE PILLARS OF WELLNESS:****NUTRITION**

A healthy diet means a balanced diet. Healthy eating habits include eating sufficient amounts of fruits and vegetables, portion control and regular meal times

**HYDRATION**

Drinking sufficient water is an important part of a healthy lifestyle. Drinking water instead of sugary drinks, eating fruit and vegetables with a high water content and rehydrating after exercise are essential for feeling your best in body and mind

**SLEEP**

Sleep and stress management are often forgotten when it comes to health. The introduction of healthy sleeping habits for the whole family, as well as ways to manage your daily stress are essential not only for your mental health, but for your physical health as well

**FITNESS**

A healthy lifestyle is an active lifestyle. Whether you work out for a few minutes longer every day or set yourself new fitness goals, the important thing is to motivate your family to be more active so that everyone stays healthy

healthy  
**STARTS**  
FOR FAMILIES

# Tower Garden

**GROW FRESH, HEALTHY PRODUCE  
AT HOME, YEAR-ROUND!**

## KEY FACTS

- + Grow a variety of fresh, homegrown fruits, vegetables, herbs and flowers
- + How does Tower Garden work? Simply put, it rains inside! The Tower pumps mineral enhanced water to the top, the water trickles down and provides everything plants need to grow!
- + Tower Garden uses aeroponic technology – which means plants grow without soil or a need to weed
- + Tower Garden is made of UV-stabilized, BPA-free, high-quality food-grade plastic, making it compliant with FDA guidelines for food contact

## GROWING SYSTEMS

- FLEX:** Short for “flexible”, this larger system offers versatility to grow indoors (with LED Grow Lights), or outside with the seasons, with options for extension kits to expand growing opportunities
- + Size: 3 sq. ft., holds 20 gallons
  - + Grows 20 fruits, vegetables, and herbs – even more with extension kits
- HOME:** The smaller of the two growing systems, ideal for indoor or outdoor growing of greens, herbs and smaller fruiting plants is the perfect addition to any home space
- + Size: 2 sq. ft., holds 13 gallons
  - + Grows 32 vegetables, herbs and microgreens

## KEY BENEFITS

- + Plants grow 3 times faster
- + Increases yields by an average of 30%
- + Only needs 2–3 sq. ft. of space
- + Clean, sustainable food
- + Uses as little as 2% of water as compared to traditional gardening
- + Better tasting & more nutrient-dense produce
- + Control of your food & food security
- + Education resource



## PRICES:

- Flex:**  
\$55.83/month, \$670/full payment, \$1.86/day
- HOME (no lights):**  
\$60.42/month, \$725/full payment, \$2.01/day
- HOME (w/lights):**  
\$85/month, \$1,020/full payment, \$2.83/day