

# Juice PLUS+ PREVENTION Plus+

THE HEALTH & WELLNESS NEWSLETTER FROM JUICE PLUS+® • FALL/WINTER 2011-2012



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## Are you enjoying COMPLETE nutrition?

At Juice Plus+®, we're constantly working to improve our products by staying abreast of the latest breakthroughs in food production and food processing technology and nutrition. Now we've taken our popular Juice Plus+ Complete® powdered drink mix to a whole new level of "complete" whole food based nutrition.

New and improved Juice Plus+ Complete® is a nutritious, all-natural powdered drink mix that provides whole food based nutrition in every scoop.

Like all Juice Plus+® products, the nutrition in Juice Plus+ Complete® comes from 100% natural, plant-based

sources. Also like all Juice Plus+® products, Complete contains no artificial flavors, colors, or preservatives – in fact, no artificial *anything*. And Complete comes in two delicious flavors – smooth French Vanilla and rich Dutch Chocolate – sold separately, or together as a variety pack.

Juice Plus+ Complete® provides a balanced blend of whole food based nutrition for only 120 calories per serving.

In fact, new and improved Complete offers significantly more nutrition per calorie than the three leading store-bought nutritional drink mixes – as you'll see on the following page.

**MORE PROTEIN.** Juice Plus+ Complete® provides 11 grams of protein per 100 calories – more than any of the three leading store brands – all from a proprietary blend providing a variety of proteins from water-washed soy, peas, chickpeas, tofu, rice, algae, and other plant sources.

**MORE FIBER.** Juice Plus+ Complete® also provides considerably more fiber than the three others *combined* – almost 7 grams per 100 calories – in a healthful blend of soluble and insoluble fibers from apples, corn, rice, and other plant sources.

**LESS FAT.** Juice Plus+ Complete® contains almost no fat – less than ½ gram per 100 calories.

**LESS SUGAR.** Juice Plus+ Complete® contains only 8 grams of sugars per 100 calories – less than any of the three store brands – from organic sugar cane, monk fruit, stevia, and other plant sources.

**FEWER CALORIES.** Each serving of Juice Plus+ Complete® is only 120 calories – again, less than any of the other three, and better for you than just about any other 120

calories you're likely to eat or drink.

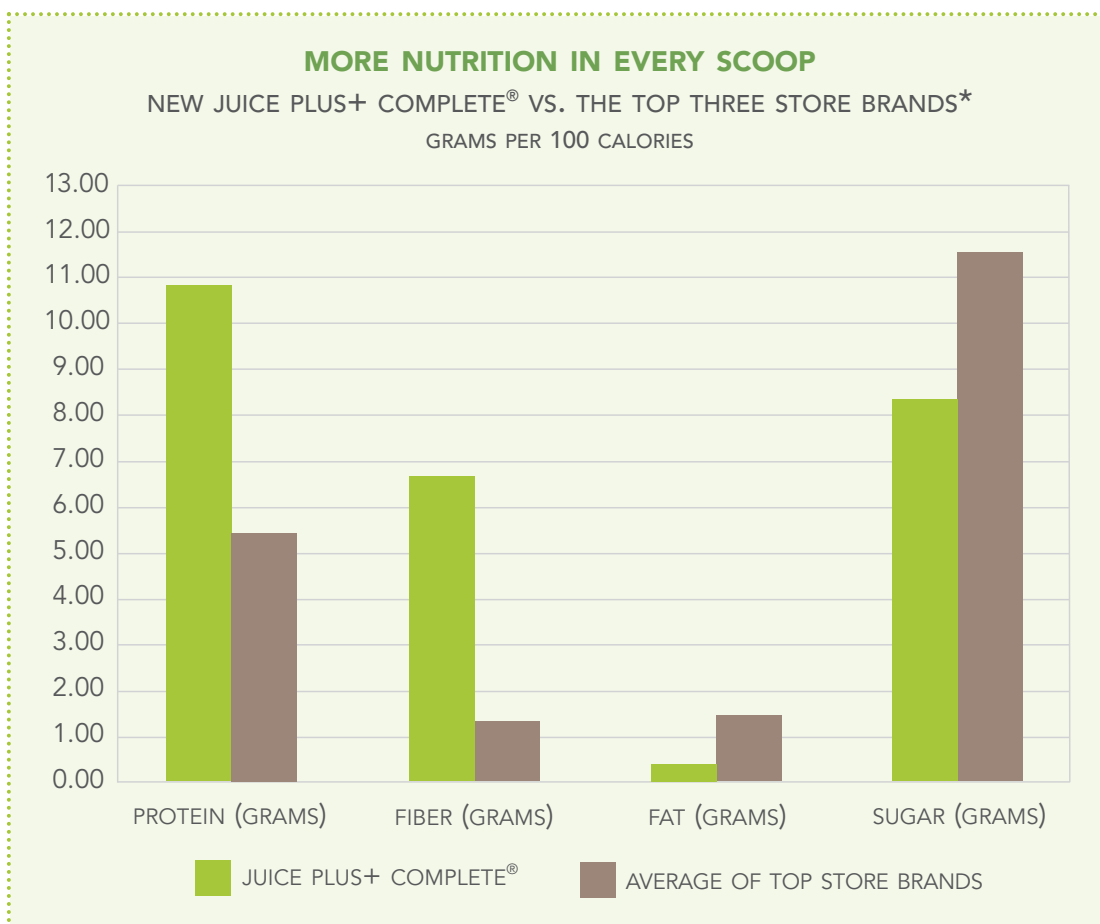
**EVEN THE CARBS ARE HEALTHY.** Our all-natural plant sources of slow releasing, low-glycemic index carbohydrates include quinoa, amaranth, and millet in a proprietary blend of ancient grains that have been cultivated for centuries.

The drink mix powder isn't the only thing we've improved. Juice Plus+ Complete® now comes in stay-fresh foil pouches that are easier to use and more environmentally friendly than our previous packaging.

If you are already a Juice Plus+ Complete® Preferred Customer, we're confident you'll love new and improved Complete. Your next shipment of Complete will be the improved product at the new price of \$29.75 per month (plus any applicable local and state taxes) – less than \$2 per nutritious serving.

If you're not already a Juice Plus+ Complete® customer, now would be an excellent time to try it. See your Juice Plus+® representative for details.

Enjoy "Complete nutrition" with new Juice Plus+ Complete®.



\*Top three nutritional drink mixes based on unit volume sales at retail.  
Euromonitor International; October 2011.



## PREVENTION PLUS+ PROFILE:

Valerie Miles, M.D.

*“After years of recommending Juice Plus+®, I see fewer sick children and more well children in our practice.”*

**HOME:** Jacksonville, Florida

**MEDICAL SPECIALTY:** Pediatrics

**EDUCATION:** Graduated *magna cum laude* from Clemson University in 1987 with a B.S. in Zoology, and went on to receive her M.D. from the Medical University of South Carolina in Charleston in 1991. Completed pediatric residency training in 1994 at the University of Utah in Salt Lake City.

**CURRENT POSITION:** Founder and co-owner of Progressive Pediatrics – a general pediatric practice in Jacksonville focused on wellness and prevention – since 2000.

**PROFESSIONAL HISTORY:** Became board-certified in Pediatrics in 1994. After completing her residency, spent an additional year on the University of Utah faculty as Chief Resident before going into private practice in Durango, Colorado, in 1995. In December 2000, became one of the first medical doctors in the United States to also be board-certified in holistic medicine.

**PERSONAL MISSION:** To change the face of healthcare for children in America.

**KEY PERSONAL ACCOMPLISHMENTS:** Served on the advisory board for Integrative Medicine at the University of Florida-

Jacksonville and as a regional representative for the American Holistic Medical Association (AHMA). Has given educational lectures at the University of Florida-Jacksonville and at the Baptist Medical Center Departments of Pediatrics in Jacksonville since 2001. Conducted seminars at the national conference of the American Holistic Medical Association in 2005 and the annual Nemours Pediatrics conferences in 2005 and 2007. In 2007, selected to speak at both the national Pediatric Integrative Medicine Conference and at the American Academy of Pediatrics annual convention – the latter as part of a professional panel discussing holistic and integrative pediatrics.

**HEALTH ADVICE:** “You need to take 100% responsibility for keeping yourself and your family healthy. *No one else will do this for you.* We can’t feel serious illnesses forming – it can take years, even decades – so it’s all too easy to put off or ignore what we need to do to stay well. Learn what to do, and just take one ‘baby step’ at a time in the right direction. Before you know it, you will have transformed your health.”

**WHY SHE RECOMMENDS JUICE PLUS+:** “Juice Plus+® is the perfect ‘baby step’ in the right direction. After years of recommending Juice Plus+® to my patients, I see fewer sick children and more well children in our practice.”

*Dr. Valerie Miles is one of the many leading doctors and other health professionals who recommend Juice Plus+®. If you’d like to hear one of our health professionals speak at a Prevention Plus+ meeting in your area, ask your Juice Plus+® representative or visit our website at [JuicePlusEvents.com](http://JuicePlusEvents.com).*

### It’s easy to enjoy Complete nutrition. Here’s how.

Use Juice Plus+ Complete® as a healthful “on-the-go” breakfast, lunch, dinner, or snack. Use it pre- or post-exercise, too. (It’s way better for you than those so-called “sports drinks.”)

Just add a scoop of Juice Plus+ Complete® to one cup of cold water – then stir, shake, or blend until smooth. It’s also good with skim milk, soy milk, rice milk, or fresh juice.

For added nutrition and variety, experiment with other wholesome ingredients, such as fruits and berries.



To learn more about Juice Plus+ Complete®, see your Juice Plus+® representative.

## See Juice Plus+® on Lifetime Television

We've partnered with Lifetime Television's popular morning show *The Balancing Act* to help spread the word on the importance of eating more fruits and vegetables – especially when it comes to our children.

*The Balancing Act* is a program created especially for today's busy woman, providing practical solutions to help women juggle the many demands placed on them every day. Juice Plus+® pediatrician Valerie Miles, M.D. – who is featured in our Prevention Plus+® health professional profile inside – and “mom on a mission”

Toni Olson appear in a *Balancing Act* program focusing on children's health that aired in October. They offer a number of insights and helpful hints in the 10-minute segment – including, of course, bridging the nutritional gap with Juice Plus+®.

You can watch the Miles/Olson segment on the Juice Plus+® YouTube channel at [JuicePlus.com/YouTube](http://JuicePlus.com/YouTube). Juice Plus+® was also featured in *The Balancing Act* September 2011 e-newsletter. To see it, click on Get Our Newsletter at [TheBalancingAct.com](http://TheBalancingAct.com).

THE  
BALANCING  
ACT  
airing on  
*Lifetime*  
TELEVISION



HOST DANIELLE KNOX, DR. VALERIE MILES, AND TONI OLSON ON THE SET OF *THE BALANCING ACT*.



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