

*the next best thing to  
berries and grapes*



## Juice Plus+ Vineyard Blend®

We've always said that Juice Plus+® is the next best thing to fruits and vegetables. Now Juice Plus+® is the next best thing to berries and grapes, too. Juice Plus+ Vineyard Blend® provides nutrition from nine varieties of berries and grapes in convenient capsule form.

- Concord grape
- blueberry
- cranberry
- blackberry
- bilberry
- raspberry
- red currant
- black currant
- elderberry

These "super food" fruits provide some of nature's most powerful antioxidants and phytonutrients. Juice Plus+ Vineyard Blend® provides naturally balanced whole food based nutrition from Concord grapes and eight different berries. It contains natural grape and berry juice powders, berry fibers, and grape seed, along with green tea, ginger root, artichoke, L-arginine, L-carnitine, and coenzyme Q10. Each ingredient was selected to provide a broad range of nutritional benefits.

## The secret: whole food based nutrition

Nutrient-dense whole foods such as deep red and purple berries and Concord grapes are packed not only with vitamins, but also with a wide array of other powerful antioxidants and phytonutrients, such as anthocyanins, polyphenols, and flavonoids. Moreover, scientific research increasingly shows that the nutrients found in whole foods work together synergistically to contribute to good health in many ways.

Isolated vitamins and multivitamin combinations simply can't deliver the wide range of nutrients that whole foods provide. That's why, unlike traditional vitamin supplements, Juice Plus+® nutritional products are whole food based, specifically designed to provide more of the nutrition lacking in our diets today. Juice Plus+® products contain a much wider variety of vitamins, other antioxidants, and other phytonutrients found in healthful whole foods.

Juice Plus+ Orchard Blend® provides whole food based nutrition from seven different fruits and Juice Plus+ Garden Blend® from ten different vegetables and grains. Juice Plus+ Vineyard Blend® provides whole food based nutrition from nine varieties of berries and grapes.



## Backed by independent clinical research

Juice Plus+® is the most thoroughly researched namebrand nutritional product on the market today. Numerous clinical studies conducted in leading universities and hospitals by investigators in the United States, England, Australia, Austria, Italy, and Japan show that Juice Plus+® Orchard and Garden Blends:

- deliver key antioxidants and other phytonutrients that are absorbed by the body;
- reduce oxidative stress;
- help support a healthy immune system and protect DNA; and,
- positively impact several key indicators of cardiovascular wellness.

Several recently published research studies have included Juice Plus+ Vineyard Blend® along with Juice Plus+ Orchard Blend® and Juice Plus+ Garden Blend®.

Investigators at **Vanderbilt University School of Medicine** monitored several measures of vascular health in a low risk population who took all three Juice Plus+® formulas for two years – and noted various improvements with no adverse side effects.<sup>1</sup>

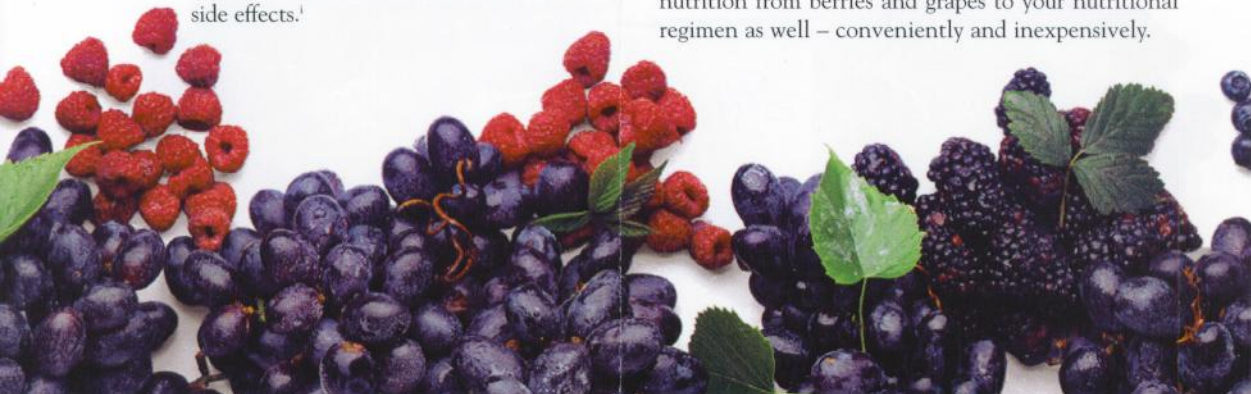
Researchers at the **University of North Carolina-Greensboro** found that the three Juice Plus+® blends were also effective in reducing a marker for oxidative stress associated with aerobic exercise.<sup>11</sup>



Investigators at the **University of Maryland School of Medicine** studied the effects of the three Juice Plus+® blends taken together on the constriction of blood vessels that occurs after a high-fat meal. They found that subjects who consumed Juice Plus+® were better able to maintain the elasticity of arteries, even after a high-fat meal.<sup>12</sup>

## More whole food based nutrition

We know that we need to eat better for improved health and wellness. But most of us can't or don't. Juice Plus+® Orchard and Garden Blends have long provided a convenient and inexpensive way to add more whole food based nutrition from fruits and vegetables to your diet every day. Now Juice Plus+ Vineyard Blend® lets you add more whole food based nutrition from berries and grapes to your nutritional regimen as well – conveniently and inexpensively.



### When to take Juice Plus+ Vineyard Blend®

Take two to four Juice Plus+ Vineyard Blend® capsules each day, at any time of day.

- You may want to take Juice Plus+ Vineyard Blend® at mealtime, particularly with your evening meal.
- You may want to take Juice Plus+ Vineyard Blend® in conjunction with exercise, especially if you have a consistent daily exercise routine.
- You may also take Juice Plus+ Vineyard Blend® at the same time that you normally take Juice Plus+® Orchard and Garden Blends.

Whenever you decide to take Juice Plus+ Vineyard Blend®, remember to take it every day and always with water.

### How Juice Plus+ Vineyard Blend® is made

Juice Plus+ Vineyard Blend® is made from fresh, high quality produce, and is carefully tested to ensure that no pesticides or other contaminants affect the natural purity of the product. The berries and grapes are juiced, and the juices are then concentrated into powders using the same proprietary, low-temperature process utilized in making Juice Plus+® Orchard and Garden Blends. We carefully monitor to ensure that our all-natural ingredients are not exposed to the high temperatures that can destroy much of the nutritional value.

**Juice Plus+ Vineyard Blend® is the next best thing to berries and grapes!**



## Juice Plus+ Vineyard Blend® Clinical Research Citations

<sup>1</sup> Houston MC, et al. Juice powder concentrate and systemic blood pressure, progression of coronary artery calcium and antioxidant status in hypertensive subjects: a pilot study. *Evidence-based Complementary and Alternative Medicine* 2007

<sup>2</sup> Bloomer RJ, et al. Oxidative stress response to aerobic exercise: comparison of antioxidant supplements. *Medicine & Science in Sports & Exercise* 2006; 38 (6): 1098-1105\*

<sup>3</sup> Plotnick GD, et al. Effect of supplemental phytonutrients on impairment of the flow-mediated brachial artery vasoactivity after a single high-fat meal. *Journal of the American College of Cardiology* 2003; 41 (10): 1744-1749\*

\*randomized, double-blind, placebo-controlled investigation

# Juice PLUS+

For more information about Juice Plus+ Vineyard Blend®  
or Vineyard Blend clinical research,  
please contact your Juice Plus+® representative.



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