



The Effects of Juice Plus+ on Immunity

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Clinical Research on JP+ and Immunity

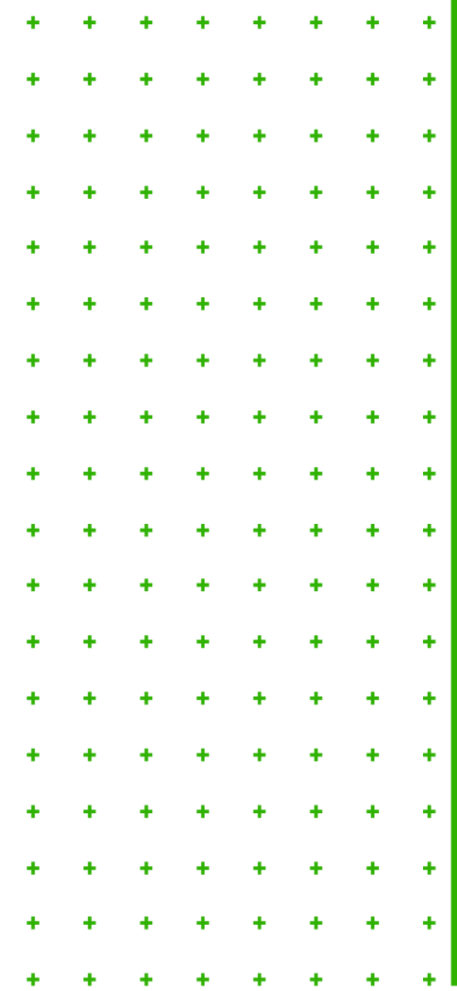


4 clinical trials:

- Whereof 3 randomized, double-blinded, placebo-controlled, clinical trials



A total of 692 subjects tested in 4 study populations



“Immune Function In Elderly Smokers And Non-smokers Improves During Supplementation With Fruit And Vegetable Extracts”¹



STUDY # 1:



Study site: University of Arizona, USA



Aim: to investigate how JP+ capsules affect the immune function in elderly



Study design: Single arm, open-label, clinical study



Interventions: Juice Plus+ Fruit & Vegetable capsules



Study duration: 80 days



Results: Increased immune cell activity

“Immunity and Antioxidant Capacity in Humans is Enhanced by Consumption of a Dried, Encapsulated Fruit and Vegetable Juice Concentrate”²



STUDY # 2:



Study site: University of Florida, USA



Aim: to investigate whether F&V JP+ capsules could prevent damage to specific immune cells in an otherwise healthy, stressed population



Study design: double-blind, randomized, placebo-controlled trial



Interventions: Juice Plus+ Fruit & Vegetable capsules vs. placebo



Study duration: 11 weeks



Results: Increased circulating immune cells, reduced number of common cold symptoms and shorter duration of symptoms in the JP+ group

“Several Indicators of Oxidative Stress, Immunity, and Illness Improved in Trained Men Consuming an Encapsulated Juice Powder Concentrate for 28 Weeks”³



STUDY # 3:



Study site: Medical University of Graz, Austria



Aim: to assess the effect of JP+ FVB supplementation on indicators of oxidative stress, immunity and illness in a group of healthy, trained males



Study design: double-blind, randomized, placebo-controlled trial



Interventions: Juice Plus+ Fruit, Vegetable and Berry capsules vs. placebo



Study duration: 7 months



Results: Fewer duty days lost due to illness in the JP+ group

“Reduction of common cold symptoms by encapsulated juice powder concentrate of fruits and vegetables: a randomised, double-blind, placebo-controlled trial”⁴



STUDY # 4:



Study site: Charité University Medical Centre, Germany



Aim: to determine the preventive effect of JP+ F&V capsules on common cold symptoms in health care professionals



Study design: double-blind, randomized, placebo-controlled trial



Interventions: Juice Plus+ Fruit & Vegetable capsules vs. placebo



Study duration: 6 months



Results: 20% reduction of cold symptom days in the JP+ group, fewer days absent from work and fewer days with intake of medication compared to placebo