

FEBRUARY 2014 NEWSLETTER



3 Reasons Your Heart is Happy You Take Juice Plus+

During February, American Heart Month (and Valentine's Day), our focus naturally shifts to the important role Juice Plus+® plays in supporting cardiovascular health. Studies have found Juice Plus+ contributes to healthy hearts in 3 ways:

- + **Promotes arterial elasticity.**
Stiff arteries increase blood pressure, which can ultimately lead to heart failure. But Juice Plus+ has been shown to help arteries retain their normal, healthy elasticity – even after a high-fat meal.¹
- + **Maintains normal levels of homocysteine.**
Juice Plus+ protects your heart by preventing elevated levels of homocysteine, a waste product associated with heart health.²
- + **Supports normal cholesterol levels.**
High cholesterol is a major risk factor for the cardiovascular system. Juice Plus+ helps you manage cholesterol and keep it at a safe level.³

Of course, Juice Plus+ helps support more than heart health. Research reinforces the fact that Juice Plus+ is good for your overall wellness – bolstering dental health, immune system performance, skin health, and more.

[Review clinical research and additional health benefits at JuicePlus.com »](#)



Catch Up with the Community

Here's a look at a few recent blog posts of interest:



[The Raw Truth about Vegetables and Benefits of a Raw Diet »](#)



[Winter Fruit Feature: Apples »](#)



[Juice Plus+ Preventive Health Advisor Named Top Influencer »](#)

EXPERTS SAY IT BEST



From physicians to professional researchers, healthcare experts around the world underscore the benefits of taking Juice Plus+.

[WATCH THE EXPERT REVIEWS](#)

UPCOMING EVENTS



Search by region or state to find an upcoming Juice Plus+ event near you. Inspiring speakers cover a range of health and nutrition topics.

[SEARCH NOW](#)

For studies that support the effects of Juice Plus+, please see:

- http://media2.newsnet5.com/uploads/WEWS_EffectsOfSupplementalPhytonutrients.pdf
- <http://jn.nutrition.org/content/133/7/2188.full.pdf+html>
- <http://www.ncbi.nlm.nih.gov/pubmed/21697538>

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