Clinical Research

juiceplus+®

Research findings consistently show that adding Juice Plus+ capsules to your diet can have a positive impact on a variety of health-related areas, including cardiovascular wellness, immune function, DNA protection, and many others.

Double blind

Placebo-controlled

Randomised

Human clinical trials

What do we mean when we talk about “Research“?

+ A double-blind study is one in which neither the study participants nor the investigating researchers know who is receiving the treatment and who is receiving the placebo. This helps eliminate the power of suggestion.

+ A placebo-controlled study tests the effect of an active treatment (such as a drug in pill form) against an identical “fake” intervention (such as a sugar pill). The placebo has the same appearance and properties as the one being trialled but does not contain any of the active ingredients. This eliminates beneficial effects of an active intervention due to a participant’s belief in it.

+ A randomised study randomly assigns participants into one of several study groups, thus helping ensure the groups have similar makeups. When a study is randomised, personal variations such as being lean/overweight/obese, vegetarian/omnivore, or male/female tend to be equally balanced. This allows researchers to fairly compare the effects of an active treatment versus a placebo or no intervention at all.

+ A human clinical trial is a study that is carried out in people — not test tubes or animals. Human clinical trials are much better at predicting whether a product is safe and effective in people than test tube or animal studies.

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Immune Function
+ Reduces the severity of common cold symptoms [1]
+ Promotes immune system function [2,3,4]
+ Maintains immune system health [2,3,4]
+ Supports healthy immune system function [2,3,4]

Antioxidant Protection
+ Reduces free radicals formed in the body [5-12]

Dental Health
+ Supports gum health [13]

Cognitive Function
+ Improves attention span [14]
+ Enhances cognitive performance [14]
+ Supports mental function [14]
+ Improves short term memory [14]

DNA protection
+ Helps to protect DNA from oxidative stress [15]

General Wellbeing
+ Supports general health and wellbeing [17-19]

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1. Charité University Medical Centre, Berlin, Germany
Research conducted by Roll, S., Nocon, M., & Willich, S., Charité University Medical Centre, Berlin, Germany. The source of funding for this trial was NSA. . Study available from Roll, S., Nocon, M., & Willich, S. (2011) Reduction of common cold symptoms by encapsulated juice powder concentrate of fruits and vegetables: a randomised, double-blind, placebo-controlled trial. British Journal of Nutrition 105(1): 118-122

2. Medical University of Graz, Austria
Research conducted by Lamprecht, M., Medical University of Graz, Graz, Austria. Study available from Lamprecht, M. (2012) Supplementation with mixed fruit and vegetable concentrates in relation to athlete's health and performance: scientific insight and practical relevance.. Medical Sport Science 59:70-85

3. Medical University of Graz, Austria
Research conducted by Manfred L., Obermayer G., & Seebauer, W., Medical University of Graz, Austria. . Study available from Manfred L., Obermayer G., & Seebauer, W. (2015) Influence of Mixed Fruit and Vegetable Concentrates on Redox Homeostasis and Immune System of Exercising People. Antioxidants in Sport Nutrition Ch12

4. Medical University of Graz, Austria
Research conducted by Lamprecht, M., University of Graz, Graz, Austria. Supported by a cooperative international research grant from NSA (Collierville, TN) to the Medical University of Graz (project no. 679) and the Styrian Health Association, Graz, Austria.. Study available from Lamprecht, M. (2007) Several Indicators of Oxidative Stress, Immunity, and Illness Improved in Trained Men Consuming an Encapsulated Juice Powder Concentrate for 28 Weeks. The Journal of Nutrition 137(12):2737-2741

5. University of Padua, Padua, Italy
Research conducted by Novembrino C., et al., University of Padua, Padua, Italy. Study was supported by a grant by NSA LLC, Collierville, TN, USA.. Study available from Novembrino C., et al. (2011) Effects of encapsulated fruit and vegetable juice powder concentrates on oxidative status in heavy smokers.. Journal of the American College of Nutrition 30(1):49-56

6. University of Memphis, Memphis, TN
Research conducted by Bloomer, R., Goldfarb, A., & Mckenzie, M., University of Memphis, Memphis, TN. This work was funded in part by NSA, Inc.. Study available from Bloomer, R., Goldfarb, A., & Mckenzie, M. (2006) Oxidative Stress Response to Aerobic Exercise: Comparison of Antioxidant Supplements. Medicine & Science in Sports & Exercise 38(6):1098-1105

7. University of North Carolina Greensboro, Greensboro, NC, USA.
Research conducted by Goldfarb A., et al., University of North Carolina Greensboro, Greensboro, NC, USA.. . Study available from Goldfarb A., et al. (2011) Effects of a fruit/berry/vegetable supplement on muscle function and oxidative stress. Medicine & Science in Sports & Exercise 43(3):501-8

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8. Medical University of Graz, Austria
Research conducted by Manfred L., et al., University of Graz, Graz, Austria. Supported by a cooperative international research grant from NSA (Collierville, TN) to the Medical University of Graz (project no. 679) and the Styrian Health Association, Graz, Austria.. Study available from Manfred L., et al. (2007) Several Indicators of Oxidative Stress, Immunity, and Illness Improved in Trained Men Consuming an Encapsulated Juice Powder Concentrate for 28 Weeks. The Journal of Nutrition 137(12):2737-2741

9. Medical University of Graz, Austria
Research conducted by Manfred L., et al., Medical University of Graz, Austria. This work was funded in part through a cooperative international research grant from NSA (USA) to the Medical University of Graz and the Styrian Health Association, Graz, Austria. This work was also financially supported by the Franz Lanyar-Stiftung (No. 290 and No. 314). Study available from Manfred L., et al. (2009) Protein Modification Responds to Exercise Intensity and Antioxidant Supplementation. Medicine & Science in Sports & Exercise 41(1):155-163

10. University of South Carolina, Columbia, SC, USA
Research conducted by Cui X, et al., University of South Carolina, Columbia, SC, USA. Financially supported in part by a research grant from NSA, LLC (Collierville, TN), to the University of South Carolina Research Foundation, in compliance with the guidelines of Funding Food Science and Nutrition Research. . Study available from Cui X, et al. (2012) Suppression of DNA damage in human peripheral blood lymphocytes by a juice concentrate: a randomized, double-blind, placebo-controlled trial.. Molecular Nutritional Food Research 56:666-670

11. Department of Science and Technology, Natural Alternatives International, Inc., San Marcos, CA, USA
Research conducted by Wise, J., et al., Department of Science and Technology, Natural Alternatives International, Inc., San Marcos, CA, USA.. Funding for this study was provided in part by NSA, LLC, Collierville, TN, USA. . Study available from Wise, J., et al. (2009) β-Carotene and α-tocopherol in healthy overweight adults; depletion kinetics are correlated with adiposity. International Journal of Food Sciences and Nutrition, 60(sup3):65-75

12. University of Florida Gainsville, Florida, USA
Research conducted by Nantz M., et al., University of Florida Gainsville, Florida, USA. . Supported in part by a grant to the University of Florida Institute of Food and Agricultural Sciences, Sponsored Program Agreement 04050447-C, from NSA, Inc., Collierville, TN.. Study available from Nantz M., et al. (2006) Immunity and Antioxidant Capacity in Humans Is Enhanced by Consumption of a Dried, Encapsulated Fruit and Vegetable Juice Concentrate. The Journal of Nutrition 136(10):2606-2610

13.The University of Birmingham, United Kingdom
Research conducted by Chapple I., et al., The University of Birmingham, United Kingdom. The study was funded in part by NSA LLC, Collierville, TN, USA.. Study available from Chapple I., et al. (2012) Adjunctive daily supplementation with encapsulated fruit, vegetable and berry juice powder concentrates and clinical periodontal outcomes: a double-blind RCT . Journal of Clinical Periodontology 39: 62–72

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14. Universidad Católica de San Antonio, 30107 Murcia, Spain
Research conducted by Juan Angel Carrillo; Raul Arcusa ; Maria Pilar Zifrilla; Javier Marhuenda. Universidad Católica de San Antonio, 30107 Murcia, Spain. Source of funding JPC LLC. Effects of Fruit and Vegetable-Based Nutraceutical on Cognitive Function in a Healthy Population (2021); Placebo controlled, Double blind and Randomized Clinical Trial

15. University of Florida Gainsville, Florida, USA
Research conducted by Nantz M., et al., University of Florida Gainsville, Florida, USA. . Supported in part by a grant to the University of Florida Institute of Food and Agricultural Sciences, Sponsored Program Agreement 04050447-C, from NSA, Inc., Collierville, TN.. Study available from Nantz M., et al. (2006) Immunity and Antioxidant Capacity in Humans Is Enhanced by Consumption of a Dried, Encapsulated Fruit and Vegetable Juice Concentrate. The Journal of Nutrition 136(10):2606-2610

16. Charité University Medical Centre, Berlin, Germany
Research conducted by Roll, S., Nocon, M., & Willich, S., Charité University Medical Centre, Berlin, Germany. The source of funding for this trial was NSA. . Study available from Roll, S., Nocon, M., & Willich, S. (2011) Reduction of common cold symptoms by encapsulated juice powder concentrate of fruits and vegetables: a randomised, double-blind, placebo-controlled trial. British Journal of Nutrition 105(1): 118-122

17. Department of Science and Technology, Natural Alternatives International, Inc., San Marcos, CA, USA
Research conducted by Wise, J., et al., Department of Science and Technology, Natural Alternatives International, Inc., San Marcos, CA, USA.. Funding for this study was provided in part by NSA, LLC, Collierville, TN, USA. . Study available from Wise, J., et al. (2009) β-Carotene and α-tocopherol in healthy overweight adults; depletion kinetics are correlated with adiposity. International Journal of Food Sciences and Nutrition, 60(sup3):65-75

18. Medical University of Graz, Austria
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19. The University of Birmingham, United Kingdom
Research conducted by Chapple I., et al., The University of Birmingham, United Kingdom. The study was funded in part by NSA LLC, Collierville, TN, USA.. Study available from Chapple I., et al. (2012) Adjunctive daily supplementation with encapsulated fruit, vegetable and berry juice powder concentrates and clinical periodontal outcomes: a double-blind RCT . Journal of Clinical Periodontology 39: 62–72

Disclaimer: Please read the label and use only as directed. Capsules contain potassium. If you have kidney disease or are taking heart of blood pressure medicines, consult your doctor or pharmacist before use. Vitamin supplements should not replace a balanced diet. If symptoms persist, consult your heath professional. Keep out of reach of children. Some of this research was funded or sponsored in part by NSA LLC, Collierville, USA.