

JULY 2013 NEWSLETTER



We're thrilled to bring you the first edition of *The Plus+ Side*, our new eNewsletter. Throughout the year, we'll send you a handful of emails with fresh ideas for healthy living.

4 Tips for Eating Healthy on Summer Vacation

Between greasy gas station food and processed airline meals, it's easy to get off track from good nutrition when traveling. Follow these simple steps to ensure you have a healthy summer vacation:

- + **Take your Juice Plus+® daily.** You may be traveling, but you shouldn't take a vacation from Juice Plus+. In fact, it's even more important to fill the nutritional gap that may widen when you're on the road.
- + **Pack a snack.** Before hopping on a plane or starting a long drive, pack a few light snacks like raw vegetables or fresh fruit. These will curb your appetite and help you fight the temptation to indulge in less nutritious options.

Get 2 more tips in the full article on the new [JuicePlus.com](#)



Bridging the Gap for 20 Years

Fueled by research revealing the link between fruits and vegetables and good health, we introduced Juice Plus+ in 1993. Since then, we've accomplished great things because of customers like you – who eagerly help us inspire healthy living around the world.



Looking forward, we're happy to report:

- + **New packaging:** To make our product line ever more eco-friendly, our new Juice Plus+ bottles are designed to use less plastic. And they will contain 120 capsules instead of 60. Look for them later this year!
- + **New website:** JuicePlus.com has a fresh new look, as well as public events and informative articles. [Check it out »](#)
- + **New newsletter:** We hope you are enjoying the inaugural edition of *The Plus+ Side*. Look for it in your inbox approximately every other month.



DID YOU KNOW?



More than 150,000 children have improved their health and nutrition habits thanks to the JuicePlus+ Children's Health Study. Learn more about the study results and find out if your family could participate.

[LEARN MORE](#)

FARM TO CAPSULE



Beginning with superior seeds and ending with thorough, independent testing, we take great measures to ensure Juice Plus+ delivers the best-quality nutrition possible. Watch a fascinating video that shows how Juice Plus+ is made.

[WATCH VIDEO](#)

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