

SEPTEMBER 2013 NEWSLETTER



## 8 Ways to Get Your Family Eating More Fruits & Vegetables

Has convincing your kids to take just one more bite of broccoli at dinner become a regular battle? Do you worry that your spouse or sibling isn't eating enough fresh produce? Don't fret. Here are 8 surefire ways to help your family realize they love fruits and veggies.

- + **Lead by example.** We can't stress this enough. If you're eating your share, your family will notice and will likely follow suit.
- + **Get them involved.** Include the whole family on grocery-shopping trips and in the kitchen. They are more likely to eat something they chose and helped prepare.
- + **Take Juice Plus+®.** [The Children's Health Study](#) has shown that children—and adults—who take Juice Plus+ tend to eat more fruits and vegetables.
- + **Grow your own.** Delicious produce right outside your back door makes it convenient for everyone to eat healthier. Also, studies have shown that children are several times more likely to eat vegetables from a garden they helped cultivate. Now, that's easier than ever with [Tower Garden by Juice Plus+](#), a vertical growing system you can put almost anywhere.

Get 4 more tips at [JuicePlus.com](#)



## Keeping Your Information Safe

Like most companies, we respect your privacy and are committed to safeguarding your personal information, both on- and offline. But we take customer security further than most other companies by implementing additional layers of security to help ensure your information is never available to those who might misuse it. Because we value your business, we do everything we can to protect your privacy.

### CLINICAL RESEARCH



In recent studies, Juice Plus+ has been found to improve heart, skin and dental health, support the immune system, and more.

[VIEW RESEARCH FINDINGS](#)

### GIVING BACK



Juice Plus+ is dedicated to bettering the lives of people everywhere through enhanced nutrition. But the good doesn't stop there. We also donate to several charities.

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