

Over 40 peer reviewed published RCT on Juice Plus+

[Research Summary 1990-2017](#)

Links to published studies:

<https://jj89019.juiceplus.com/us/en/products/clinical-research>

**7 Published papers on Juice Plus+ since the Research Summary
2017-2021**

---[Effects of Fruit and Vegetable-Based Nutraceutical on Cognitive Function in a Healthy Population: Placebo-Controlled, Double-Blind, and Randomized Clinical Trial.](#)

Carrillo JÁ, Arcusa R, Zafrilla MP, Marhuenda J.

Antioxidants (Basel). 2021 Jan 15;10(1):116. doi: 10.3390/antiox10010116.

PMID: 33467530 **Free PMC article.**

---[The Impact of a Dried Fruit and Vegetable Supplement and Fiber Rich Shake on Gut and Health Parameters in Female Healthcare Workers: A Placebo-Controlled, Double-Blind, Randomized Clinical Trial.](#)

van der Merwe M, Moore D, Hill JL, Keating FH, Buddington RK, Bloomer RJ, Wang A, Bowman DD.

Microorganisms. 2021 Apr 14;9(4):843. doi: 10.3390/microorganisms9040843.

PMID: 33920059 **Free PMC article.**

---[Effects of a Fruit and Vegetable-Based Nutraceutical on Biomarkers of Inflammation and Oxidative Status in the Plasma of a Healthy Population: A Placebo-Controlled, Double-Blind, and Randomized Clinical Trial.](#)

Arcusa R, Carrillo JÁ, Xandri-Martínez R, Cerdá B, Villano D, Marhuenda J, Zafrilla MP.

Molecules. 2021 Jun 12;26(12):3604. doi: 10.3390/molecules26123604.

PMID: 34204618 **Free PMC article.** Clinical Trial.

----[An encapsulated fruit, vegetable and berry juice powder concentrate increases plasma values of specific carotenoids and vitamins.](#)

Dams S, Holasek S, Tsiountsioura M, Malliga DE, Meier-Allard N, Poncza B, Lackner S, Jansenberger Y, Lamprecht M.

Int J Vitam Nutr Res. 2021 Jan;91(1-2):77-86. doi: 10.1024/0300-9831/a000609. Epub 2019 Nov 15.

PMID: 31726948

----[Effects of a plant-based fatty acid supplement and a powdered fruit, vegetable and berry juice concentrate on omega-3-indices and serum micronutrient concentrations in healthy subjects.](#)

Dams S, Holasek S, Tsiountsioura M, Edelsbrunner M, Dietz P, Koefeler H, Malliga DE, Gürbüz A, Meier-Allard N, Poncza B, Lackner S, Schwarzenberger E, Jansenberger Y, Lamprecht M.

Int J Food Sci Nutr. 2020 Sep;71(6):769-780. doi: 10.1080/09637486.2020.1725960. Epub 2020 Feb 17.

PMID: 32064970 Clinical Trial.

----[Fruit and Vegetable Concentrate Supplementation and Cardiovascular Health: A Systematic Review from a Public Health Perspective.](#)

Lorenzoni G, Minto C, Vecchio MG, Zec S, Paolin I, Lamprecht M, Mestroni L, Gregori D.

J Clin Med. 2019 Nov 8;8(11):1914. doi: 10.3390/jcm8111914.

PMID: 31717327 **Free PMC article.**

. ---[Perioperative supplementation with a fruit and vegetable juice powder concentrate and postsurgical morbidity: A double-blind, randomised, placebo-controlled clinical trial.](#)

Gorecki P, Burke DL, Chapple ILC, Hemming K, Saund D, Pearson D, Stahl W, Lello R, Dietrich T.

Clin Nutr. 2018 Oct;37(5):1448-1455. doi: 10.1016/j.clnu.2017.08.004. Epub 2017 Aug 10.

PMID: 28866140 Clinical Trial. [https://www.clinicalnutritionjournal.com/article/S0261-5614\(17\)30272-8/fulltext](https://www.clinicalnutritionjournal.com/article/S0261-5614(17)30272-8/fulltext)