

JUICE PLUS+

Perform

**PLANT-POWERED NUTRITION.
TAILORED FOR PERFORMANCE.**



KEY FACTS

- + A fruit fusion flavored shake that gives you protein to build your muscles, mental focus to support your workout, and energy to help you stay consistent with your fitness program
- + A unique mix of whole food based ingredients that provide essential amino acids and plant-based vitamins that work together to support your active lifestyle
- + Vegan
- + Gluten-free
- + Made without GMO ingredients

BENEFITS

- + Supports muscle growth
- + Supports muscle recovery
- + Supports energy production
- + Supports mental performance
- + Supports bone health

PREPARATION

- + Add two scoops (40g) of powder to 10oz (300ml) of water and mix thoroughly. If desired, you can mix it with juice or a non-dairy beverage, preferably in a shaker cup or a blender. Create delicious smoothies with your favorite add-ins like fruits or vegetables²

INGREDIENTS

- + 25g high-quality plant-based soy protein per serving
- + Naturally occurring B vitamins¹ from guava, mango and lemon extracts
- + Naturally occurring Vitamin C from acerola cherry
- + Naturally occurring Vitamin D from mushroom powder
- + Antioxidant and recovery support from beetroot and tart cherry
- + Only 6g of sugar per serving from naturally sourced sugars
- + Only 150 calories per serving

QUALITY STANDARDS

- + Juice Plus+ Perform is certified by NSF to ensure it meets and exceeds strict guidelines for quality and safety

RECOMMENDED CONSUMPTION

- + One serving per day, either an hour before or up to two hours after a workout, to maximize benefit. Consume anytime you would like to add more high-quality protein to your nutritional intake. Juice Plus+ Perform is not meant to replace a meal or be used for weight loss



¹ Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic acid), B6, B9 (Folate).
² The inclusion of additional ingredients will impact the nutritional profile of the shake.