

TIPS TO REMEMBER TO TAKE YOUR JUICE PLUS+®

- Use a pill box container for each day of the week Monday-Sunday to track.
- Set an alarm on your cell phone to go off at a certain time of each day to remind you
- Place your Juice Plus out in the open so you can see them to remember.
- Place them by your toothbrush. We never forget to brush our teeth.
- Put a bottle or packet of each in your purse or briefcase.
- Take your JP+ to work with you and keep it there.
- Place them on the end table by the remote control.
- Set all capsules or chews on a plate each morning and eat throughout the day.
- Place them by your bed with a bottle of water.

TIPS FOR KIDS

- Try giving them to the kids when they are hungry - before breakfast or after school.
- Take your JP+ with them to encourage them that you are both getting healthy!
- Open the capsules and pour the powders into smoothies, apple sauce etc.
- Encourage your teens that these can help with sports performance, skin health etc.
- Encourage your younger kids with these fun ideas:
 - These are GROW FOODS - to help you grow taller and have big muscles
 - These are SOCCER FOODS - to help you play your best
 - These are BALLERINA FOODS - to help you dance your best

If your kids are not fond of the chewable keep trying each day! Research shows that when foods are introduced more than 7 times you can begin to acquire a taste for them.

The Family Health Study results show that families who take Juice Plus+ consistently for a year or more are sick less and actually start craving more fruits and vegetables in their diet because their body starts to crave them (metabolic programming).

