



# Body & Soul

**Good nutrition feeds your body and soul. Make plant-based nutrition the easiest part of your wellness routine with the Body & Soul product combination.**

## OVERVIEW

The Body & Soul product combination from Juice Plus+ supports your overall health with whole-food capsules and great-tasting shakes for convenient, on-the-go nutrition.

## PRODUCT BENEFITS

Our Berry Blend capsules provide your body with essential nutrients, from a variety of 11 different plants, including some ingredients you might not eat every day like elderberries, grapes and cocoa. These ingredients deliver unique *phytonutrients*, compounds found only in plants.

Our delicious Complete shake mixes help support muscle growth, with plant-based protein, and overall performance with fiber, greens and a superfood blend of essential nutrients. Complete mix can even be used in tons of recipes, from smoothies to snacks, so you can easily add more plant-based protein, nutrients, and dietary fiber to your diet to fuel your day.

-   
 Source of protein
-   
 Source of fiber
-   
 Made without GMO ingredients
-   
 Gluten-free

## WHAT'S INCLUDED

A 4-month supply of:

### Juice Plus+ Berry Blend capsules (240 capsules)

Includes: Concord Grape, Blueberry, Cranberry, Blackberry, Black Currant, Bilberry, Raspberry, Pomegranate, Elderberry, Artichoke and Cocoa. Contains Vitamins C and E.

### Complete Shakes (60 servings)

A whole food-based shake mix that provides a delicious, healthy burst of balanced nutrition in every serving. Packed with 14 grams of protein for Vanilla or 13 grams of protein for Chocolate, and 7 grams of fiber, Complete is vegan, made without GMO ingredients, gluten free and low glycemic.



**\$60/month**  
**\$240/full payment**  
**\$2/day**

## CONSUMPTION:

For Adults: 2 Berry capsules per day  
 Complete: 1 serving is 37.5g for Vanilla and 38g for Chocolate, prepared with 8oz. liquid