



## PATIENT & CAREGIVER EDUCATION

# Juice Plus

This information describes the common uses of Juice Plus, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

**Juice Plus has not been shown to treat or prevent cancer.**

Juice Plus is a dietary supplement that contains dried concentrates of fruits and vegetables. It has been studied for its antioxidant and cardiovascular effects, but more studies are needed.

Consumption of juice plus is thought to reduce oxidative stress and DNA damage, and has been associated with a reduction in common cold symptoms. In a study of head and neck cancer patients, it appeared to increase serum micronutrient levels, but had no clinical benefit.

Although there are ongoing clinical studies of Juice Plus in cancer patients, it has not been proven to treat or prevent cancer. Cancer patients should discuss the use of supplements with their physicians. Juice Plus is not a substitute for fresh fruits and vegetables.

# What are the potential uses and benefits?

- To prevent and treat cancer

Evidence is lacking to support this claim.

- To prevent and manage heart disease

Small studies showed mixed results. Well-designed clinical trials are needed.

- To reduce cold symptoms

One study suggests that taking capsules consisting of a juice powder concentrate of fruits and vegetables may reduce common cold symptoms and duration.

## What are the side effects?

Some patients reported gastrointestinal distress and hive-like rash in clinical studies.

## What else do I need to know?

### Do Not Take if:

You are undergoing chemotherapy or radiation therapy: Supplements with antioxidant properties may decrease the effectiveness of these treatments.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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