

FREQUENTLY ASKED QUESTIONS

FAQ'S



juiceplus+
PERFORM

About Juice Plus+ Perform

1. What is Juice Plus+ Perform?

Juice Plus+ Perform is a fruit fusion 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.

This shake provides a unique mix of whole food based ingredients that provide essential amino acids and plant-based vitamins and minerals that work together to support your active lifestyle.

We recommend taking Juice Plus+ Perform either an hour before or up to 2 hours after a workout for the best results.

2. Why did we create Juice Plus+ Perform?

We couldn't find what we wanted out there and so we made our own, custom built from scratch! Most protein powders have just one ingredient: protein. That means they're good for just one thing: muscle growth. Juice Plus+ Perform is a high-protein performance shake that works as hard as you do. This shake has a big PLUS to support multiple aspects of athletic performance with additional ingredients that other protein shakes simply don't have.

3. Who is the ideal Juice Plus+ Perform customer?

Juice Plus+ Perform is designed for anyone with an active lifestyle who is looking for nutrition to support their fitness performance and recovery, whether it's in the gym, outside on a trail, or a workout at home. Juice Plus+ Perform supports those just starting their fitness journey, the experienced fitness enthusiast, or weekend athlete.

4. What makes Juice Plus+ Perform unique versus the other protein shake products on the market?

Juice Plus+ Perform is more than just a protein shake, it contains a unique mix of ingredients that most protein shakes do not have. This shake is perfectly formulated for those wanting a boost of protein, vitamins, and minerals, all from plants, to support their fitness and mental performance.

- Fuel your body with 25g of high-quality soy protein per serving to build your muscles.

- Achieve mental focus and maintain energy with naturally occurring B vitamins from mango, guava, and lemon.

- Support bone health with naturally occurring vitamin D from mushroom powder.

- Experience the added benefits of beet root and tart cherry to aid recovery.

5. Is Juice Plus+ Perform good for mental performance?

Yes, Juice Plus+ Perform contains naturally occurring Vitamin B5 that supports mental performance.

6. How does Juice Plus+ Perform compare to our existing Complete Shake?

While both of our shake powders are gluten-free, whole food based, vegan, and made without GMO ingredients, and they both feature soy protein, they do have some key differences.

Our Complete shakes are healthy, everyday shakes that help to build a solid nutritional foundation for you and your family.

These shakes contain plant-powered nutrition packed with a superfood blend of essential nutrients and prebiotic fiber that support a healthy digestion. The shake powders are low glycemic, very versatile, and can be added to snack balls, overnight oats, smoothies, and muffins. Great for the entire family to enjoy, anytime throughout the day.

Our Perform shakes are designed to support your fitness and performance.

These shakes give you the plant-powered ingredients to build your muscles, mental focus to support your workout, energy to help you stay consistent with your fitness program, and recovery aids to get you back in the game sooner. These shake powders are packed with 25g protein per serving and plant-based vitamins & minerals to help you reach your workout goals.

7. If I am not a body builder or athlete or I don't work out regularly, can I still enjoy Juice Plus+ Perform?

Yes, Juice Plus+ Perform is beneficial to those who need more protein, vitamins, and minerals to support an active lifestyle. An active lifestyle can include activities such as cardio, strength building, yoga, Pilates, or walking. Juice Plus+ Perform contains protein, B vitamins, and vitamin D, all of which are considered beneficial to a healthy diet.

8. Does Juice Plus+ Perform contain collagen?

Each serving provides complete protein and naturally sourced vitamin C, which allows your body to actively create collagen to continually maintain healthy connective tissues. Your body treats collagen the same way as it does other proteins; it breaks it down into its amino acids components. It can then make collagen by combining those amino acids with Vitamin C, zinc, and copper.

Product Information

1. What does Juice Plus+ Perform taste like?

Juice Plus+ Perform is a creamy shake with a mildly sweet, fruity flavor.

2. How do you prepare Juice Plus+ Perform?

1. Pop two scoops of Perform (4Og) in a shaker bottle.
2. Add 10oz of cold water.
3. Shake it like you mean it!
4. Enjoy!

Don't forget: when you prepare a Perform shake differently than what is listed on pack, it is good to know that the nutrition profile will change.

3. Can Juice Plus+ Perform be added to food and smoothies?

Juice Plus+ Perform tastes good on its own, but feel free to blend it with fresh fruit and vegetables.

We don't recommend baking with it, but stay tuned for more recipes on all our social channels!

4. What is the daily recommended serving of Juice Plus+ Perform?

We recommend enjoying 1 serving of Juice Plus+ Perform per day, either an hour before or up to 2 hours after a workout for the best results.

Consuming more than one serving at a time will not produce better results.

5. Can I take more or less than the recommended amount of Juice Plus+ Perform?

Consuming more than one serving at a time will not produce better results. In fact, more than 25-30g of protein per serving may cause digestive problems common to many individuals no matter what the source of protein is.

Consuming less than one serving at a time is possible, but keep in mind the nutritional content will change, which might impact the results desired. You can also divide the portion into two if it's easier. In other words, taking 1 scoop twice a day to get the entire portion and benefits listed on the back of the pouch.

6. When is the best time to take Juice Plus+ Perform?

Juice Plus+ Perform can be taken once a day when you want an extra boost of protein. We recommend either 1 hour before or up to 2 hours after a workout or physical activity.

7. Can you mix Juice Plus+ Perform shake powder together with Juice Plus+ Complete shake powder?

Each product has been carefully designed to meet different nutritional needs; we therefore do not recommend mixing the two products together.

8. Can I use both Juice Plus+ Perform and Complete by Juice Plus+ on the same day?

Yes, you can use both shakes on the same day. Keep in mind the total nutritional content that you are receiving from these products in addition to your regular balanced diet.

9. Is Juice Plus+ Perform safe to use while pregnant or breastfeeding?

Whenever considering any dietary changes regarding pregnancy or breastfeeding, we recommend consulting your doctor or midwife with the product label, including the ingredient listing and nutrition facts.

10. Is Juice Plus+ Perform suitable for children?

Some children may benefit from more protein in their diet, but always consult your physician before any dietary changes.

Depending on age and weight, you might give ½ serving or less if desired (consult your physician to confirm your child's needs).

11. Can my teenager (14–18-year-old) drink Perform shake mix? If so, what is the recommended usage?

Yes, if your teenage child wants to increase their protein intake to support their active lifestyle or athletic performance.

USDA recommends a daily protein intake of 52g for boys and 46g for girls 14–18 years old.

Remember, whenever considering any dietary changes regarding teens, we recommend you consult their doctor with the product label, including the ingredient listing and nutrition facts to confirm usage.

Nutritional Information

1. What are the benefits of plant-based vitamins versus synthetic vitamins?

Plant-based vitamins come from whole food sources; they are found in nature. Synthetic vitamins are created in a lab and sometimes are not as well absorbed by the body due to small changes to their chemical structure. There are possible added benefits from natural vitamin sources since they often contain other parts of the original plant and are in a form that your body can most easily recognize.

2. Where are the ingredients for Juice Plus+ Perform sourced from?

We partner with family farmers, who take pride in growing the highest quality ingredients that are sustainable and non-GMO. Most of Juice Plus+ Perform ingredients are sourced in the United States, closest to our manufacturing facility. Other top ingredients, we source from where they grow naturally. This includes the mango, guava, and lemon, which we source from India, and the acerola cherries which we source from Brazil.

3. How much added sugar and what type of sweeteners does Juice Plus+ Perform contain?

Juice Plus+ Perform contains 5 grams of added sugars. The natural sugars used are cane sugar and coconut nectar sugar. To round out the sweetness and enhance the flavor, we added another natural sweetener, monk fruit extract.

4. Why did we choose soy as the source of protein for Juice Plus+ Perform?

Firstly, having all 9 essential amino acids, soy is one of the best proteins to give your body what it needs in order to support muscle growth.

Second, it's highly digestible. And the more digestible a protein is, the more of its nutritional goodness you absorb. There's a method of evaluation for proteins called PDCAAS, which stands for protein digestibility corrected amino acid score. Soy protein has a PDCAAS of 1.0 – the best that you can get. In fact, it's the ONLY vegan protein that gives you the same benefits as animal protein.

Third, our soy protein is without GMO ingredients and is processed using water, not chemicals. The family farmers we work with have grown soy for generations and are committed to only growing non-GMO crops in their fields.

5. Does Juice Plus+ Perform contain any allergens?

Yes, the coconut cream powder is considered a coconut (tree nut) allergen. This ingredient is a necessary part of the texture of the product. Without the coconut cream, Juice Plus+ Perform would separate into different layers and would not be as enjoyable. The product also contains soy protein, with soy also being a common allergen.

6. Is Juice Plus+ Perform gluten free?

Yes, Juice Plus+ Perform is gluten free.

7. Is Juice Plus+ Perform suitable for vegans?

Yes, Juice Plus+ Perform contains 100% plant-based ingredients sourced from key whole-food sources:

- Soy Protein
- Mango
- Guava
- Lemon
- Tart cherry
- Mushroom powder
- Beet root

8. Are the Juice Plus+ Perform ingredients organic?

Juice Plus+ Perform is not 100% organic, although some of the ingredients like the guava, mango, lemon, and tart cherry are organic.

Other ingredients that are not organic are still top-quality ingredients and follow the stringent Juice Plus+ qualifications to ensure only the best ingredients are being added to our products.

9. Is Juice Plus+ Perform GMO free?

Yes, Juice Plus+ Perform is made without GMO ingredients.

10. Does Juice Plus+ Perform have any certifications?

Juice Plus+ Perform is certified for quality and safety by NSF.

11. If I am diabetic, can I take Juice Plus+ Perform?

Juice Plus+ Perform contains a low amount of sugar. The shake contains 6 grams of sugars, with only 5 grams of added sugars.

Please contact your doctor if you have concerns about how it would fit into your dietary needs, and remember to bring along the nutritional panel as well.

Note: when mixing Perform with liquids other than water, sugars can be increased based on the sugars in the nut milk or juices being used.

12. Does Juice Plus+ Perform contain any artificial ingredients?

No, Juice Plus+ Perform does not contain any artificial ingredients.

13. Why is Juice Plus+ Perform more expensive than Complete by Juice Plus+ shakes?

The cost of Juice Plus+ Perform is directly related to the ingredients within it. Juice Plus+ Perform has almost double the amount of high-quality soy protein compared to Complete by Juice Plus+.

The serving size is also slightly larger than Complete by Juice Plus+ (40 grams vs about 38 grams).