

## **Statement on the Glycemic Index (GI) of Complete by Juice Plus+ Chocolate and Vanilla Shakes**

Complete by Juice Plus+ Shakes have been tested by an independent, accredited laboratory and confirmed to have a low glycemic index (GI) when prepared with one cup of water in accordance with the on-pack instructions.

The glycemic index is a value assigned to foods based on how slowly or how quickly those foods cause increases in blood glucose levels. Foods low on the glycemic index (GI) scale break down slowly over time helping to provide a steady energy release and maintaining balanced blood sugar levels. Foods high on the glycemic index release glucose more rapidly.

Low GI foods may help to maintain a feeling of satiety for longer. This may be useful for those wanting to avoid hunger pangs or snacking between meals.



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May 2, 2021

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