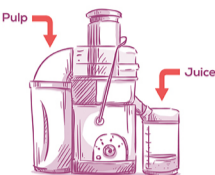


JUICING VS BLENDING

WELL ISN'T IT THE SAME? **NO.**

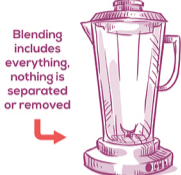
And when you drink a juice, you'll feel the difference. Here's a breakdown of why...

JUICING



Juicing separates juice from the pulp

BLENDING



A blender pulverizes ingredients in one container

PULP REMOVED



Pulp is separated out

Soluble fiber remains in the juice

With no insoluble fiber in the juice, nutrients pass more easily into the bloodstream, easing digestion.

NO PULP REMOVED



Nothing is removed

Both insoluble and soluble fiber remain in a blended smoothie

The insoluble fiber results in a slower, more sustained release of nutrients.

QUICK RELEASE



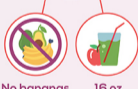
You absorb more of the nutrients from a juice because there is no insoluble fiber.

SUSTAINED RELEASE



Some nutrients stick to the fiber and are carried out of the body so less nutrients are absorbed.

YOU CONSUME MORE PRODUCE WHEN JUICING

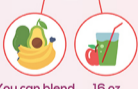


No bananas or avocados in a juicer

16 oz

Classic Juice Guru Juice

You can more easily consume a much larger volume of produce per serving when juicing vs blending or eating.



You can blend bananas and avocados

16 oz

Get Your Greens Smoothie

You consume significantly less produce in a blended smoothie.

THERE ARE MANY DIFFERENT TYPES OF JUICERS AND BLENDERS BUT REMEMBER THE BOTTOM LINE, A JUICER SEPARATES OUT THE PULP.

JUICERS



Vertical Auger



Masticating



Twin

These are just 3 examples of juicers, find more information on juicers and juicing at www.juiceguru.com

BLENDERS



Blender



Vitamix



NutriBullet

Note that not all manufactures will use the term "blender." The products above are all blenders, whatever name they use! They simply vary in size, shape and strength of their motor.

www.juiceguru.com