

## State of supplements » Juice comparison



### Xango Juice

by Xango Corp

#### Ingredients

Each 1 fl oz serving contains (32 g) of garcinia mangostana (reconstituted juice from whole fruit) and apple, pear, grape, blueberry, raspberry, strawberry, cranberry and cherry juice concentrates.

**Price:** \$37 per bottle, or \$100 for four bottles.

#### How it works:

Marketers claim that xango juice, made from the tropical fruit mangosteen, reduces inflammation and supports healthy respiratory and intestinal systems and joints.

The mangosteen bark, leaf, root and rind have been traditionally used as remedies for diarrhea, dysentery, fever, gonorrhea, menstrual irregularities, urinary tract infections, eczema, itching and other skin conditions.

Studies have shown the fruit to have some antioxidant, anti-histamine, anti-serotonin, anti-inflammatory and neuro-protective properties.

But there is not enough reliable scientific evidence to support the juice's purported therapeutic benefits.



### MonaVie Essential

by MonaVie LLC

#### Ingredients

Each 2 fl oz serving contains patented, freeze-dried acai powder and puree and a blend of 18 reconstituted fruit juices, including, grape, apple and pear.

**Price:** 4 bottles for \$120

#### How it works:

People use acai, the fruit of the acai palm, for osteoarthritis, high cholesterol, erectile dysfunction (ED), weight loss and obesity, "detoxification," and for improving general health. It exploded in popularity after being promoted as a "Superfood for Age-Defying Beauty" on the Oprah Winfrey show.

Some studies suggest acai to be high in antioxidants, especially in products that contain the fruit pulp. Others show the fruit to be a middling source.

But there is not enough reliable scientific evidence to support the juice's long-term therapeutic benefits.



### Tahitian Noni Original

by Tahitian Noni International

#### Ingredients

Each 1 fl oz serving contains (29.9 ml) of morinda citrifolia fruit nectar from pure noni puree and undisclosed amounts of grape and blueberry juice concentrate.

**Price:** 4 bottles for \$120 to \$130

#### How it works:

Traditionally, it was the leaves, and not the fruit, of the noni that were used medicinally as a poultice for wounds, skin infections and to promote lactation.

Some distributors claim the juice stimulates the immune system and has proven effective in fighting AIDS, Epstein-Barr virus, cancer, lupus and kidney problems. It has also been promoted for increasing energy levels and promoting heart health.

There is currently little scientific evidence to support these claims. But the National Institute of Health is funding a clinical study of dried noni fruit extract in cancer patients.