

Periodic Table of Juicing[®]



Red Apple
1
Ar
86% - 82%

Red Apple
2
Ar
86% - 82%

Carrot
3
C
88% - 72%

Red Apple
4
Ar
86% - 82%

Carrot — Name
3 — Number
C — Symbol
88% ~ 72% — % water - % juice yield

Mitochondrial Energy
Brain Health
Whole Body Health
Skin & Hair Health
Mental Health

Musculoskeletal Health
Sexual Health
Gut Health
Immune Health
Cardiovascular Health

Beet Greens
5
Bg
91% - 76%

Green Bean
6
Bn
90% - 77%

Broccoli
7
Br
89% - 60%

Cashew Nut
8
Cn
2% - n/a

Cherry
9
Ch
82% - 82%

Beet
10
Bt
88% - 72%

Goji Berry
11
Go
78% - 66%

Blueberry
12
Bu
84% - 45%

Apricot
13
Ap
86% - n/a

Celeriac
14
Cl
84% - 45%

Pear
15
Pe
84% - 77%

Bell Pepper
16
Pb
94% - 89%

Pineapple
17
Pi
86% - 77%

Beet Greens
18
Bg
91% - 76%

Green Grape
19
Gg
81% - 80%

Coconut
20
Cc
47% - n/a

Apricot
21
Ap
86% - n/a

Arugula
22
Au
92% - 79%

Beet
23
Bt
88% - 72%

Yellow Beet
24
By
88% - 60%

Blackberry
25
Bb
88% - 66%

Broccoli Sprout
26
Sb
88% - 68%

Brussels Sprout
27
Bs
86% - 33%

Carrot
28
C
88% - 72%

Cavelo Nero
29
Cv
90% - 64%

Chard
30
Cd
93% - 74%

Blackberry
31
Bb
88% - 66%

Green Cabbage
32
Cg
92% - 68%

Coconut
33
Cc
47% - n/a

Black Currant
34
Cb
18%/Unk%

Pomegranate
35
Pg
78% - 71%

Chili Pepper
36
Cp
90% - 83%

Lime
37
Li
88% - 52%

Black Currant
38
Cb
18% - Unk%

Cucumber
39
Cu
95% - 87%

Dandelion
40
Da
86% - 73%

Fig
41
Fi
79% - n/a

Garlic
42
Ga
60% - 37%

Black Grape
43
Gb
90% - 90%

Red Grape
44
Gr
84% - 84%

Jackfruit
45
Ja
73% - n/a

Kale
46
Ka
90% - 75%

Lettuce
47
Le
96% - 74%

Lychee
48
Ly
82% - 82%

Cilantro
49
Ci
92% - 73%

Dandelion
50
Da
86% - 73%

Jicama
51
Ji
85% - 72%

Fennel
52
Fe
90% - 85%

Spinach
53
Sp
91% - 77%

Date
54
Dt
21% - n/a

Mulberry
55
Ml
88% - 66%

Date
56
Dt
21% - n/a

Immune
57-72
↓

Mango
73
Ma
83% - n/a

Marionberry
74
Mb
88% - 66%

Mushroom
75
Mu
92% - 74%

Mustard Greens
76
Mg
91% - 63%

Nectarine
77
Nc
89% - 69%

Orange
78
Or
87% - 54%

Peach
79
Pc
88% - 65%

Yellow Pepper
80
Py
92% - 75%

Orange Pepper
81
Po
92% - 77%

Kiwi
82
Ki
84% - 60%

Nectarine
83
Nc
89% - 69%

Peach
84
Pc
88% - 65%

Sweet Potato
85
Sw
77% - 59%

Grapefruit
86
Gf
88% - 68%

Fennel
87
Fe
90% - 85%

Nettle
88
Ne
84% - 65%

Turmeric
89
Tu
92% - 82%

Cardiovascular
90-105
↓

Persimmon
106
Pn
80% - Unk%

Pomelo
107
Pm
88% - 68%

Raspberry
108
Rb
81% - 67%

Rhubarb
109
Rh
91% - 89%

Spinach
110
Sp
91% - 77%

Sweet Potato
111
Sw
77% - 59%

Turmeric
112
Tu
92% - 82%

Turnip
113
Tp
92% - 60%

Wheatgrass
114
Wg
88%/50%

Aloe
115
Al
90% - 85%

Green Apple
116
Ag
86% - 86%

Green Cabbage
117
Cg
92% - 68%

Red Cabbage
118
Cr
90% - 71%

Pomegranate
119
Pg
78% - 71%

Pumpkin Seed
120
Pu
4% - n/a

Watermelon
121
Wm
95% - 92%

Chicory
122
Cy
98% - 65%

Cranberry
123
Bc
87% - 66%

Ginger
124
Gi
80% - 79%

Honeydew
125
Mh
90% - 85%

Lettuce
126
Le
96% - 74%

Mango
127
Ma
83% - n/a

Mulberry
128
Ml
88%/66%

Papaya
129
Pa
88% - 70%

Asian Pear
130
As
84% - 84%

Pear
131
Pe
84% - 77%

Pineapple
132
Pi
86% - 77%

Plum
133
Pl
87% - 61%

Pomegranate
134
Pg
78% - 71%

Pumpkin Seed
135
Pu
4% - n/a

Watercress
136
Wc
95% - 69%

Walnut
137
Wa
5% - n/a

Watermelon
138
Wm
95% - 92%

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Arugula
57
Au
92% - 79%

Broccoli
58
Br
89% - 60%

Chili Pepper
59
Cp
90% - 83%

Coconut
60
Cc
47% - n/a

Dandelion
61
Da
86% - 73%

Elderberry
62
Be
88% - 66%

Escarole
63
Es
92% - 76%

Garlic
64
Ga
60% - 37%

Horseradish
65
Ho
85% - 75%

Kale
66
Ka
90% - 75%

Kiwi
67
Ki
84% - 60%

Kumquat
68
Ku
86% - 44%

Lemon
69
Lm
89%/71%

Mango
70
Ma
83% - n/a

Papaya
71
Pa
88% - 70%

Butternut Squash
72
Sq
92% - 62%

Almond
90
Ad
4% - n/a

Banana
91
Ba
75% - n/a

Beet
92
Bt
88% - 72%

Blackberry
93
Bb
88% - 66%

Cantaloupe
94
Mc
90% - 86%

Celery
95
Ce
95% - 82%

Cucumber
96
Cu
95% - 87%

Daikon
97
Dk
84% - 84%

Endive
98
En
95% - 76%

Parsley
99
Ps
88% - 65%

Quince
100
Q
84% - 71%

Spinach
101
Sp
91% - 77%

Strawberry
102
St
91% - 71%

Sunchoke
103
Su
84% - 55%

Tomato
104
To
95% - 82%

Zucchini
105
Zu
95% - 79%

Juice Yield – the % of juice by weight:
75% yield means 16 ounces of
produce makes 12 ounces of juice

The **PURE** Juicer has the highest juice, enzyme
and nutrient yield of any juicer, often 30-50%
more than other juicers



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Name	Water Content %		Symbol	Health Categories											How to Make/Technique	Active/Beneficial Ingredients	
	Juice Yield %	Juice Yield %		Mitochondrial Energy	Brain Health	Whole Body Health	Skin & Hair Health	Mental Health	Musculoskeletal Health	Sexual Health	Gut Health	Immune Health	Cardio Health	Juice-Smoothie-Milk			
Aloe	90	85%	Al												S	Grid #2 then blend into juice	Mild laxative, may have a positive impact on glycemic control
Apple, Green	86	86	Ag												J	Grid #10 + strainer, press cloth	Polyphenols, malic acid, pectin
Apple, Red	86	82	Ar	•	•										J	Grid #10 + strainer, press cloth	Phlorizin, polyphenols
Apricot	86	n/a	Ap			•	•								J or S	Grid #10; cloth (mix with other produce)	Laetrile (amygdalin), Vitamins C and E, zinc, copper
Arugula	92	79	Au			•									J	Grid #10, press cloth	Erucin, Vitamin C, beta-carotene, isothiocyanates
Banana	75	n/a	Ba												S	Smoothie process	Potassium
Beet Greens	91	76	Bg					•							J	Grid #10 + strainer, press cloth	Protein, fiber
Beet, Red	88	72	Bt			•									J	Grid #10, press cloth	Betacyanins
Beet, Yellow	88	60	By			•									J	Grid #10, press cloth	Betaxanthins
Bell Pepper, Green	94	89	Pb						•						J	Grid #10, press cloth	Vitamin C
Bell Pepper, Orange	92	77	Po			•									J	Grid #10, cloth + liner; press slowly	Carotenoids, sulfur, lutein
Bell Pepper, Yellow	92	75	Py			•									J	Grid #10, press cloth	Flavonoids, phenolic compounds
Black Currant	18	Unk	Cb		•			•							J	Grid #10 + strainer, cloth + liner	Anthocyanins
Blackberry	88	66	Bb			•	•								J or S	Grid #10, cloth + liner; press slowly	Salicylic acid, ellagic acid
Blueberry	84	45	Bu		•										J or S	Grid #10, cloth + liner; press slowly	Anthocyanins, increased dopamine
Broccoli	89	60	Br						•						J	Grid #10, press cloth	3,3'-diindolylmethane
Broccoli Sprout	88	68	Sb			•									J	Grid #10, press cloth	Sulforaphane
Brussels Sprout	86	33	Bs			•									J	Grid #10, press cloth	Glucosinolates, DIM, i3C
Cabbage, Green	92	68	Cg				•								J	Grid #10, press cloth	Vitamins C and K, Vitamin U (s-methylmethionine)
Cabbage, Red	90	71	Cr												J	Grid #10, press cloth	3,3'-diindolylmethane, anthocyanins, kaempferol
Cantaloupe	90	86	Mc												J	Grid #10, press cloth	Choline, potassium
Carrot	88	72	C	•		•									J	Grid #10, press cloth	Beta-carotene, lutein, lycopene
Cavolo Nero	90	64	Cv			•									J	Grid #10, press cloth	Chlorophyll and folate
Celeriac	84	45	Cl					•							J	Grid #10, press cloth	Phosphorus
Celery	95	82	Ce												J	Grid #10 or #12, press cloth	Petroselinic acid
Chard	93	74	Cd			•									J	Grid #10, press cloth	Indole-3-carbinol, kaempferol
Cherry	82	82	Ch						•						J	Grid #10, press cloth	Anthocyanins
Chicory	98	65	Cy												J	Grid #10, press cloth	Volatile oils, anthocyanin, natural diuretic, mild laxative
Chili Pepper	90	83	Cp							•					J	Grid #10, press cloth	Capsaicin
Cilantro	92	73	Ci				•								J	Grid #10, press cloth	Essential oils, quercetin, kaempferol, apigenin
Coconut	47	n/a	Cc		•			•							M or S	Nutmilk process	MCTs, lauric acid, similar balance electrolytes to plasma
Cranberry	87	66	Bc												J	Grid #10, press cloth	Nondialyzable material (anti-bacterial)
Cucumber	95	87	Cu			•									J	Grid #10 + strainer, cloth	Phytoestrogens
Daikon	84	84	Dk												J	Grid #10, press cloth	Isothiocyanate
Dandelion	86	73	Da			•	•								J	Grid #10, press cloth	Flavonoids
Date	21	n/a	Dt		•										M or S	Nutmilk process	Selenium, copper, potassium, magnesium, carotenoids, phenolics
Elderberry	88	66	Be												J	Grid #10, press cloth	Flavonoids
Endive	95	76	En												J	Grid #10, press cloth	Kaempferol
Escarole	92	76	Es												J	Grid #10, press cloth	Calcium, inulin
Fennel	90	85	Fe					•		•					J	Grid #10, press cloth	Rutin, quercetin, anethole
Fig	79	n/a	Fi			•									S	Smoothie process	Calcium
Garlic	60	37	Ga			•									J	Grid #10, press cloth	Allicin, diallyl sulfides
Ginger	80	79	Gi												J	Grid #10, #12 or no grid for bulk juicing	Gingerol, zingerone
Goji Berry	78	66	Go	•											S	Use as supplement	Betaine
Grape, Black	90	90	Gb			•									J or S	Grid #10 + strainer, cloth + liner; press slowly	Stilbenes, flavonoids, resveratrol, anthocyanins
Grape, Green	81	80	Gg	•											J or S	Grid #10, cloth + liner; press slowly	Catechins
Grape, Red	84	84	Gr			•									J or S	Grid #10 + strainer, cloth + liner; press slowly	Anthocyanins
Grapefruit	88	68	Gf					•							J	Peel & press with cloth only	Vitamin C
Green Bean	90	77	Bn						•						J	Grid #10 + strainer, press cloth	Vitamin K, violaxanthin, neoxanthin
Honeydew	90	85	Mh												J	Grid #10 + strainer, press cloth	Vitamin C, folate, potassium
Horseradish	85	75	Ho												J	Grid #10, press cloth	Antimicrobial volatile oils and isothiocyanate
Jackfruit	73	n/a	Ja			•									S	Smoothie process	Saponins, lignans
Jicama	85	72	Ji				•								J	Grid #10, press cloth	Vitamins C and E, zinc, pantothenic acid
Kale	90	75	Ka			•									J	Grid #10, press cloth	Anthocyanins, 3,3'-diindolylmethane
Kiwi	84	60	Ki				•								J	Grid #10, cloth + liner; press slowly	Vitamin C
Kumquat	86	44	Ku												J	Press only with cloth + liner	Vitamins A, C and E, beta-cryptoxanthin
Lemon	89	71	Lm												J	Press only with cloth + liner	Antibacterial compounds, natural diuretic, limonoid compounds
Lettuce	96	74	Le			•									J	Grid #10 + strainer, cloth	Folate, beta-carotene
Lime	88	52	Li	•											J	Press only with cloth + liner	Vitamin C, magnesium, potassium
Lychee	82	82	Ly			•									J or S	Grid #10, cloth + liner; press slowly	Kaempferol, quercetin
Mango	83	n/a	Ma												J or S	Grid #10; mix with other produce and press	Mangiferin
Marionberry	88	66	Mb			•									J	Grid #10, cloth + liner; press slowly	Phytochemicals
Mulberry	88	66	Ml	•											J or S	Grid #10, cloth + liner; press slowly	Zeaxanthin
Mushroom	92	74	Mu			•									J	Grid #10 – edible, but not prime	Phytochemicals
Mustard Greens	91	63	Mg			•									J	Grid #10 – edible, but not prime	Glucosinolates, 3,3'-diindolylmethane, indole-3-carbinol
Nectarine	89	69	Nc			•	•								J	Grid #10, cloth + liner; press slowly	Carotenoids, Vitamins C and A, beta-carotene
Nettle	84	65	Ne	•											J	Grid #10, cloth + liner; press slowly	Rutin, oxylipins
Nut, Almond	4	n/a	Ad												M	Nutmilk process	Monosaturated fat
Nut, Cashew	2	n/a	Cn						•						M	Nutmilk process	Oleic acid, ALA, calcium, magnesium, iron, zinc
Nut, Walnut	5	n/a	Wa							•					M	Nutmilk process	Carotenoids, hydrolyzable tannins, lignans, naphthoquinones
Orange	87	54	Or			•	•								J	Peel & press only with cloth	Vitamin C
Papaya	88	70	Pa												J or S	Grid #10, cloth + liner; juice green	Papain, chymopapain, seeds are antibacterial, antiparasitic
Parsley	88	65	Ps												J	Grid #10, press cloth	Lycopene
Peach	88	65	Pc			•	•								J	Grid #10, cloth + liner; press slowly	Polyphenols, lycopene, lutein
Pear	84	77	Pe						•						J	Grid #10, cloth + liner; press slowly	Fiber, low in benzoates (less allergenic - good for MCAS)
Pear, Asian	84	84	As												J	Grid #10 + strainer, press cloth	Fiber, low in benzoates (less allergenic - good for MCAS)
Persimmon	80	Unk	Pn			•									J	Grid #10, cloth; press slowly	Proanthocyanidin, carotenoids, tannins, flavonoids, catechin
Pineapple	86	77	Pi						•						J	Press only with cloth	Vitamin C, bromelain, manganese
Plum	87	61	Pl												J	Grid #10 + liner; press slowly	Sorbitol, isatin
Pomegranate	78	71	Pg						•	•					J	Press only with cloth + liner	Flavonols
Pomelo	88	68	Pm			•									J	Peel & press only; cloth, no liner	Limonene
Pumpkin Seed	4	n/a	Pu							•	•				M	Nutmilk process	Zinc, Vitamin E, flavonoids, phenolic acids, caffeic acid
Quince	84	71	Q												J	Grid #10, press cloth	Lignins (phytoestrogens); modulates carbohydrate metabolism
Raspberry	81	67	Rb			•									J	Grid #10, cloth + liner; press slowly	Phytonutrients, ellagic acid, tiliroside, rheosmin
Rhubarb	91	89	Rh			•									J	Grid #10, press cloth	Fiber
Spinach	91	77	Sp			•			•						J	Grid #10 + strainer, cloth + liner; press slowly	Vitamin C, beta-carotene
Squash, Butternut	92	62	Sq												J	Grid #10, press cloth	Polysaccharides, carotenoids, magnesium
Strawberry	91	71	St												J or S	Grid #10 + strainer, cloth + liner; press slowly	Kaempferol, ellagic acid, quercetin
Sunchoke	84	55	Su												J	Grid #10, press cloth	Potassium
Sweet Potato	77	59	Sw			•	•								J	Grid #10, press cloth	Alpha & beta carotene, lutein
Tomato	95	82	To												J	Grid #10 + strainer, cloth + liner; press slowly	Lycopene
Turmeric	92	82	Tu		•	•									J	Grid #10, #12 or no grid for bulk juicing	Curcumin
Turnip	92	60	Tp			•									J	Grid #10, press cloth	Anthocyanins
Watercress	95	69	Wc												J	Grid #10, press cloth	Iron, Vitamins B, C and K, chlorophyll, flavonoids, saponins
Watermelon	95	92	Wm	•						•					J	Press with cloth only	Citrulline, Lycopene
Wheatgrass	88	50	Wg			•									J	Freeze & Grid #10, serrated cutter, press cloth	Chlorophyll, flavonoids, saponins
Zucchini	95%	79%	Zu												J	Grid #10, press cloth	Magnesium, folate

The PURE Periodic Table of Juicing was created by PURE CEO David Feinberg and Jen Longtin. Nutrition consultants are Ilene Ruhoy MD Ph.D., and Gillian Ehrlich DNP. Design by David Jenkins.