

The vitamin C in some juices is largely responsible for the health of collagen, a protein that helps maintain healthy skin and cartilage. Eating and drinking vitamin C-rich fruits and vegetables will help replenish your skin's vitamin C stores and enhance its natural beauty. Vitamin C also aids in joint flexibility and maintenance of healthy hair. Lastly, vitamin C may help prevent cataracts and macular degeneration.

Some juices are fortified with the mineral calcium, which helps keep your bones healthy. Juices that contain calcium may be able to help lower blood pressure, reduce your risk of cardiovascular disease and prevent osteoporosis. Calcium may also help alleviate PMS cramping. Juices rich in potassium may further help prevent osteoporosis by forming osteocalcin, a protein found only in the bone. Drinking potassium-rich juice can also help keep blood pressure low.

B vitamins like folate may reduce your risk of cardiovascular disease, slow age-related memory decline, and help maintain healthy hair. Folate also contributes to the production of serotonin, so it may help ward off depression and improve mood.

Aside from being a potential weight-loss buster, certain varieties of juice (mainly citrus juices) can trigger migraines in people who are sensitive. IBS sufferers take note: Some people with IBS are sensitive to sources of concentrated sugar like fruit juice and experience discomfort after eating them.