



Comparison of Juice Extractors

Juicer	Type	RPM	Amount of Enzymes
Green Star	Twin gear; low heat and speed	110	High 84%
Champion	Masticating	1725	Medium 74.5%
Juiceman	Centrifugal, pulp ejecting	6300	Low 32-51%

Green Star

The Green Star juicer is a twin gear juicer. The two gears crush the fruits and vegetables instead of cutting them. These twin gears rotate at approximately 110 RPM's, which is very slow compared to the other juicers. When comparing the triturating twin gears of the Green Star with the blade of the Champion, the twin gears cause less oxidation, therefore providing more enzymes in the juice. Exposure to air is greatly reduced and this juicer produces little foam (another source of oxidation). This juicer also handles green leafy vegetables and cereal grasses extremely efficiently, as well as carrots. Juice from this juicer, under optimal conditions, will keep well for up to 72 hours when stored in individual serving size containers, filled to the top so that no oxygen can reach the juice, and stored in the coldest part of the refrigerator. The stored juice will retain approximately 85% of the activity of the measured enzymes.

Champion Juicer

The Champion Juicer is considered a masticating juicer. This juicer grates the vegetables at a slower rate than a centrifugal juicer. The blade in the Champion turns at approximately 1725 RPMs thereby reducing the oxidation of the juice. Exposure to air is reduced in the Champion juicer as compared to the centrifugal juicer. The Champion produces quite a bit of foam (another source of oxidation). This juicer is unable to handle green leafy vegetables easily. The stored juice will retain



approximately 85% of the activity of the measured enzymes . The shelf life of the juice made with the Champion juicer is about 72 hours when stored in individual serving size containers, filled to the top so that no oxygen can reach the juice and stored in the coldest part of the refrigerator.

Centrifugal Juicer- Juiceman

Centrifugal juicers have a spinning basket often spinning at 3,000 – 7,000 RPMs. Large amounts of air are pulled through the basket in the juicing process. This oxidizes the juice very quickly, resulting in a lower amount of enzymes and other nutrients that may be present in the juice. The darker, richer color of juice from the Champion and Green Star juicers indicates a more complete extraction of the nutrients. The measured enzyme activity of the juice made with a centrifugal juicer is only about 32%-51%, and should be consumed immediately for maximum benefit.