

Steal Back Your Health

JUICE CLEANSE FAQ'S

WHY CLEANSE?

Cleansing is essential to reset and rejuvenate your health. Our bodies store toxins – these toxins build up over time and clog our digestive systems. Cleaning helps maintain proper immune function, repair the gut and liver, eliminate harmful food and rehydrate the body. We suggest a monthly cleanse.

WHAT CAN I EXPECT?

You may feel moments of fogginess, irritation and other unpleasant symptoms. Don't freak out. This is a sign that your body is healing and self-cleaning.

HOW LONG SHOULD I CLEANSE?

1-day cleanses are common. 3-7 days are great for maximum benefits.

HOW WILL I FEEL?

After your body starts to relieve itself of buildup, expect higher energy, clarity and focus. It might suck at first, but you'll feel great afterward.

WHAT TO EAT? WHAT NOT TO EAT?

A couple days before your cleanse, it's wise to eliminate alcohol, nicotine, dairy, sugar, red meat and poultry. Prepare for your cleanse to get the max benefits. During your cleanse, you can drink water and caffeine-free tea.

IS THERE A SPECIFIC ORDER I SHOULD DRINK MY JUICES?

Nope! Drink them as you wish and listen to your body. We cannot stress that enough. Drink a juice when you feel hungry. This should be challenging, but you shouldn't be on the brink of passing out. Stay hydrated & be smart.

JUICING BASICS:

Our cleanse programs are designed with 6 16-ounce juices + 2-4 shots per day. We recommend drinking a juice every 2 hours. Drink lots of water & avoid caffeine while on your cleanse. Listen to your body!

BENEFITS OF JUICING:

- Rest your stomach
- Repair your gut
- Reset your liver - your main detoxifying organ
- Reduce your appetite
- Clear harmful foods and toxins from your body
- Weight loss
- Increased energy and focus

SORRY FOR PARTYING CLEANSE

Starter level, our most popular cleanse. Tasty flavors to reset your energy and focus.

INCLUDES 6 JUICES + 2 SHOTS:

THE FARMACIST x 1

Cucumber, Celery, Spinach, Romaine, Kale, Parsley

FLAWLESS x 1

Apple, Cucumber, Ginger, Mint, Pineapple

OJ SIMPSON x 1

Orange, Grapefruit, Cayenne

NO DIGGITY, NO DOUBT x 1

Apple, Cucumber, Celery, Spinach, Romaine, Kale, Parsley

THE ROOTS x 1

Beet, Carrot, Apple, Cucumber, Lemon, Ginger

WHAT'S UP DOC x 1

Carrot, Orange, Lemon, Ginger

TURMERIC SHOT x 1

Pineapple, Ginger, Green Apple, Turmeric, Black Pepper

FLU SHOT x 1

Green Apple, Celery, Ginger, Lemon, Kale, Turmeric, Black Pepper

STRICTLY SAVAGE CLEANSE

Our most rigorous cleanse. Very low calorie. Maximum results in minimum time.

INCLUDES 6 JUICES + 2 SHOTS:

THE FARMACIST x 2

Cucumber, Celery, Spinach, Romaine, Kale, Parsley

NO DIGGITY, NO DOUBT x 2

Apple, Cucumber, Celery, Spinach, Romaine, Kale, Parsley

JALAPEN'YO BUSINESS x 1

Cucumber, Celery, Spinach, Romaine, Kale, Lime, Jalapeño, Parsley

THE ROOTS x 1

Beet, Carrot, Apple, Cucumber, Lemon, Ginger

TURMERIC SHOT x 1

Pineapple, Ginger, Green Apple, Turmeric, Black Pepper

FLU SHOT x 1

Green Apple, Celery, Ginger, Lemon, Kale, Turmeric, Black Pepper

THE QUICKIE CLEANSE

A half-day cleanse ... enough to keep things working just the way they should.

INCLUDES 3 JUICES + 2 SHOTS:

HYDRATE THE HUSTLE x 1

Coconut Water, Pineapple, Lemon, Aloe, Turmeric

NO DIGGITY, NO DOUBT x 1

Apple, Cucumber, Celery, Spinach, Romaine, Kale, Parsley

PACK A MEAN PUNCH x 1

Pineapple, Apple, Lemon, Ginger

FLU SHOT x 1

Green Apple, Celery, Ginger, Lemon, Kale, Turmeric, Black Pepper

TURMERIC SHOT x 1

Pineapple, Ginger, Green Apple, Turmeric, Black Pepper

No material on this brochure is intended to be a substitute for professional medical advice. Please consult your physician for personalized medical advice.