

INSTRUCTIONS

All of the juices are numbered 1-5 for easy recognition, but drinking them out of order has no negative impact on their benefits.

- 1 **Start by shaking and drinking the first juice.**
- 2 **Keep the rest refrigerated; they're good for 24 hours.**
- 3 **Have the next juice every 2-3 hours.**
- 4 **Drink plenty of water in between.**
- 5 **Eat light meals and avoid processed or sugary foods.**

Note:
Shake well.
It is normal for juice contents to separate.

DURING

- + **Consult your physician first, especially if you are taking any medication, or if you are pregnant or lactating.**
- + **Avoid alcohol, smoking, soda, processed sugary foods, and fatty or greasy foods.**
- + **Try to drink each juice within 10 minutes after opening. Do not chug rapidly.**
- + **Eat light meals like a smoothie, soup, açai bowl, etc.**
- + **Try to relax and avoid stressful situations.**

DISCLAIMER:
May contain nuts.
Not actual size.



“Juices offer great quantities of nutrients that support your immune system.”



PROUD SPONSOR



ONLINE ORDERING?
DOWNLOAD THE APP



Prices and menu subject
to change without notice.

DISCLAIMER:
This information is presented for informational purposes and is not intended to treat, diagnose or cure any illness. Consult a physician before taking any action. It is very important to note that all of the recommendations in this brochure are not to be taken as medical care or advice.



1-DAY JUICE RESET

“To achieve optimal health & energy, detoxification should be part of your lifestyle.”



↑ SCAN ME ↑

What is the 1-DAY JUICE RESET?

A practical juice pack designed to be taken with some light meals for 1 full day.

“Restore the essential functions of your body, so you feel better and look better.”



What Does It Include?

The Juice Reset acts as a “maintenance tune-up” for your body. Our kit contains **5 raw juices** from 100% natural fruits and veggies, along with a light, nutritious snack.

Why Enzymes Matter

Enzymes and nutrients are key benefits of fresh fruits and veggies, often called life’s “spark plugs” because they help with body functions.

What is it good for?

Your body can accumulate toxins from things like processed foods, chemicals, and pollution, leading to various health issues like headaches, fatigue, and more. That’s why organs like your liver and kidneys might need extra support.

“You will feel better, lighter, energized, harmonious, and happy. You deserve it!”

Potential Benefits Include



Weight Loss



General Feeling of Happiness



Aid with Digestion



Less Stress



Healing & Harmony



Bright Eyes



Glowing Skin



Rejuvenation



Boost in Metabolism



Detoxification

Juices & Contents



#1 Starter

The fresh, energizing kick to begin your day right.



#2 Pillar

An energy-packed boost built to carry you through the day.



#3 Spark

Green power, fueling your vitality with every leafy boost.



#4 Endurance

Powers your day to push and keep you going strong.



#5 Achieve

The refreshing reward that celebrates your juice reset.



Chia Greek Yogurt Parfait

Greek yogurt with chia seeds.



WHY NOT BOTTLED?

Most bottled juices are pasteurized to last longer. But this process can also weaken the nutrients in the juice.



WHY NOT FROZEN?

Frozen fruits and vegetables might lose important nutrients.



WHY NOT CANNED?

Preservatives and heat pasteurization can leave behind harmful chemicals.

