



Your Protein Cleanse is here!

Welcome to Cleansing 101

Thawing Instructions

1. Bottles should arrive frozen.
2. Store bottles in your freezer until you are ready to start drinking them.
3. Thaw one cleanse day at a time.
4. Thaw in refrigerator. Thawing may take 24 - 48 hours depending on how cold your refrigerator is.
5. Once thawed, bottles should remain in the refrigerator and be consumed within 24 hours.

Why Cleanse? (FYI)

Often our bodies cling to fat when we are not taking in enough micro-nutrients. When you drink raw fruit and vegetable juices for a period of days, your body senses that it's getting the nutrition that it needs and it releases the fat it's been storing up as a consequence of nutrient-famine.

Frequently Asked Questions

- +** **HOW SHOULD I PREPARE FOR MY CLEANSE?**
We advise that everyone ease into and out of a cleanse, no matter how long you intend to cleanse for. You should eat very light foods like fruits, vegetables, salads, non-creamy soups, and drink plenty of water for at least 1-2 days before and after your cleanse. Avoid foods like meat, dairy, and heavily processed foods (anything with more than 3-5 ingredients), and alcohol. **PRO TIP:** Stock up on some fresh cut fruits &/or vegetables for the length of the cleanse so you have a quick, cleanse-compliant snack if you get hungry during your cleanse.
- +** **HOW DO I MAINTAIN MY RESULTS?**
Avoid dairy, grains, and alcohol as much as possible. Try to pack each meal with as many fruits and/or vegetables as you can.
- +** **HOW OFTEN SHOULD I DRINK EACH BOTTLE?**
Drink the bottles as you become hungry. If you find you don't need all 6 bottles daily, save the extras to extend your cleanse or to drink as a snack or meal replacement after your cleanse.
- +** **IN WHAT ORDER SHOULD I DRINK THE BOTTLES?**
There is no right or wrong order. It is totally up to you!
- +** **WHAT IF I AM HUNGRY DURING MY CLEANSE?**
If 6 bottles a day is not enough for you, try eating raw fruit and/or vegetables. If you are still hungry, try a handful of raw, unsalted nuts.
- +** **WHAT IF I WANT TO WORK OUT DURING MY CLEANSE?**
Listen to your body. If you feel weak, do not push yourself. If you need more than the 6 bottles included, try eating raw fruits, vegetables, and/or nuts. If that is still not enough, try a vegetable based soup. If you need to eat a meal, it should be vegetable and/or nut based.
- +** **SHOULD I BE DRINKING WATER?**
Yes, drink water as you feel you need to.
- +** **CAN I DRINK COFFEE AND TEA?**
Yes, but drink it without any cream or sugar. If you cannot drink your coffee black, we suggest swapping sugar with a monk fruit sweetener and replacing cream with oat milk or another dairy free nut milk.
- +** **WILL I NEED TO BE CLOSE TO A RESTROOM?**
No, this is a myth. Most people do not see any changes in their frequency or urgency.
- +** **HOW SHOULD I STORE THE BOTTLES?**
Since our products are shipped frozen, there is no rush to drink them. If you do not plan on consuming them as soon as you receive your shipment, store the bottles in the freezer. Otherwise, thaw them in the fridge.
- +** **WHAT IS THE SHELF LIFE?**
The bottles can be stored in the freezer for up to 6 months. Once completely thawed in the refrigerator (may take 24 - 48 hours depending on how cold your refrigerator is), they should be consumed within 24 hours. They should be refrigerated at all times and consumed very cold.
- +** **CAN YOU EXPLAIN THE SUGAR COUNT IN YOUR PRODUCTS?**
100% of our sugar is naturally occurring in raw fruit and vegetable juices, nuts, seeds, and spices. We never use added or refined sweeteners. It's a common misunderstanding that because refined sugars are unhealthy, the same must apply to the naturally occurring sugar found in fruits and vegetables, and this is untrue. Because we do not pasteurize or HPP our juices, all of the vitamins, minerals, and antioxidants are available for your body to easily absorb and help slow down the rate at which the naturally occurring fruit and vegetable sugars enter the bloodstream. Sugar and carbs from raw, unpasteurized fruit are totally healthy, as well as beneficial to the body and weight loss.



Benefits of Cleansing

