

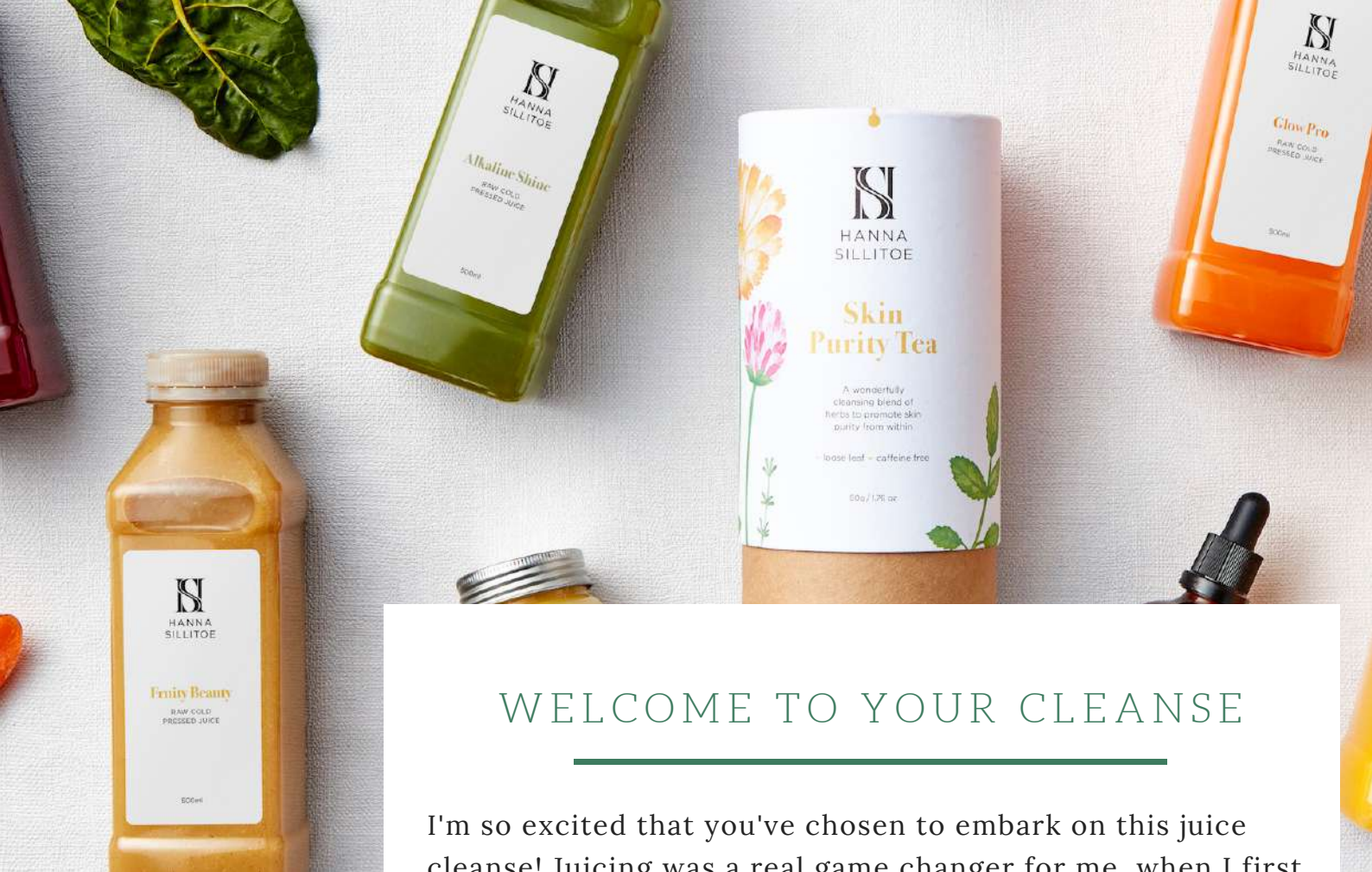


HANNA
SILLITOE

Juice Cleanse

WELCOME TO YOUR JUICE BOX
DELIVERED





WELCOME TO YOUR CLEANSE

I'm so excited that you've chosen to embark on this juice cleanse! Juicing was a real game changer for me, when I first began making changes to my diet and lifestyle in order to heal my skin. It's since become an important part of my daily routine.

Whether you've chosen a greens, three, five or seven day cleanse, giving your body an intermittent break from digestion offers a myriad of benefits, all of which I'll share in more detail throughout this guide.

If the thought of not chewing anything for three days sounds too extreme, you can still reap amazing juicy benefits, simply by combining cold pressed, organic juices into your regular daily diet, alongside meals. There really is no right or wrong way to go about juicing. Each bottle is packed with heaps of vitamins and nutrients.

A juice cleanse can give you more energy, help you to reach your optimum weight goals and promotes great gut health. This, alongside the ability to help reduce inflammation, makes it a no-brainer when it comes to achieving clear, radiant skin. #LetsGlow

Hanna Sillitoe



Our juices are freshly pressed on our Organic Farm up in Yorkshire on a Thursday and delivered to you on a Friday, ready to pop into the fridge to begin your cleanse over the weekend or on Monday morning.

If you're not quite ready to start, the good news is we're now using a natural preservation process to keep your juices fresher for longer! This means they can be stored in the fridge rather than the freezer. The 'Best Before' date can be found on each bottle.

I sometimes hear people say "I'm going to have a final blow out before starting my diet next week" ... but in actual fact, a weekend of takeaway food, sweet indulgence and excess alcohol is absolutely not the best way to prepare the body for a cleanse!

PREPARING FOR YOUR CLEANSE

Reduce intake of harmful substances into your body

Sugar, caffeine, alcohol, and cigarettes will only add toxins into your body that the cleanse is trying to remove.

Focus on Hydration

Your body will be adjusting as you begin your cleanse. Staying hydrated by drinking 1 - 2 litres of water per day before starting your cleanse (and throughout) will help your body to acclimatise.

Eat Healthy

Give your body a head start by avoiding fried foods, processed foods and red meat. Eat more fruits & veggies to jumpstart the benefits of your cleanse making the transition much smoother.

Sleep

Getting a good night's sleep in the days leading up to your cleanse will help you and your body immensely.

Exercise

It's important to adjust your workout routine to match your energy levels up to and during your cleanse. Listening to your body is key.



YOUR DELIVERY

We are now using DPD to deliver this organic juice cleanse to your door. You don't need to be home to accept delivery as DPD will leave your parcel in a safe place. Parcels are delivered cooled, but as soon as you open your box do pop your juices into the fridge.

You should have received your text or email from DPD by now. If there are any problems with your delivery, please reply to my email so that I can assist. DPD have a great record with food deliveries but issues can sometimes arise. We can help, so do email as soon as there's an issue.

HANNA@HANNASILLITOE.COM



TIME TO BEGIN

Whether you're joining us for a 3, 5 or 7 day cleanse, we've detailed our recommendations to follow. You absolutely do not have to stick to the order of juices we've suggested, but we do advise spacing out your juice intake evenly throughout the day to maintain healthy energy levels.


Our juice combinations have been carefully formulated to provide balance, in terms of both flavour and vitamins.

If your cleanse includes the skin purity tea and tincture, we recommend taking these as a minimum each morning and evening throughout the cleanse - take as directed on the package. If you'd prefer to drink more than two cups of tea per day, that's absolutely fine.

Alongside the juices, we suggest aiming for 1 to 2 litres of still, clear water each day to stay well hydrated.

You will need to adjust your exercise routine throughout the cleanse in accordance with how you feel. We recommend light, gentle exercise such as yoga, walking or swimming, but only if you feel capable. Listen to your body, it knows best!

Rest is really important throughout the cleanse. You might be working during the week, so try to get an early night wherever possible.



THE 3 DAY CLEANSE

WHAT'S IN THE BOX?

BEAM TEAM

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	38%
Organic Apple	38%
Organic Banana	10%
Organic Avocado	10%
Organic Lemon	4%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	187kJ / 45kcal
Fat	1.9
- of which saturates	0.6
Carbohydrates	6.2
- of which sugars	5.7
Protein	1.0
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

Best before: See best before label.

Bottled exclusively for
Hanna Sillitoe Limited
PO Box 159, High Peak SK17 1BT
HannaSillitoe.com



UK/Non UK
agriculture
GB-ORG-05



LUSH BLUSH

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	88%
Organic Beetroot	10%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	200kJ / 47kcal
Fat	0.4
- of which saturates	0.4
Carbohydrates	10.4
- of which sugars	9.4
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

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GREEN DREAM

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	63%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	82kJ / 19kcal
Fat	0.3
- of which saturates	0.3
Carbohydrates	3.4
- of which sugars	1.7
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

Best before: See best before label.

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GLOW PRO

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	46%
Organic Carrot	46%
Organic Turmeric	4%
Organic Lemon	2%
Organic Ginger	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	198kJ / 47kcal
Fat	0.6
- of which saturates	0.5
Carbohydrates	9.9
- of which sugars	6.1
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

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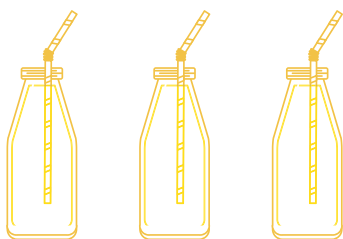


3 X 500ml

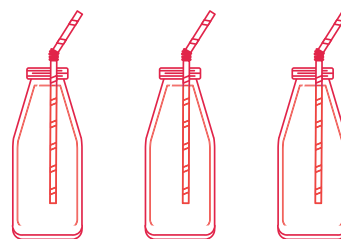
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3 X 500ml

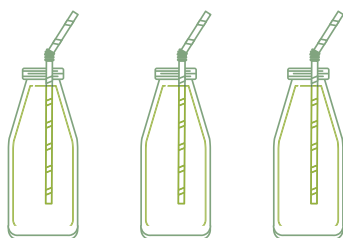
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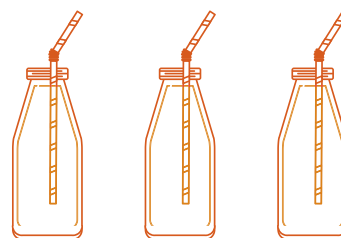
BREAKFAST
BEAM TEAM



MIDMORNING
LUSH BLUSH



LUNCH
GREEN DREAM



DINNER
GLOW PRO

THE 5 DAY CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 5

BEAM TEAM

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	38%
Organic Apple	38%
Organic Banana	10%
Organic Avocado	10%
Organic Lemon	4%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	187kJ / 45kcal
Fat	1.9
- of which saturates	0.6
Carbohydrates	6.2
- of which sugars	5.7
Protein	1.0
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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LUSH BLUSH

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	88%
Organic Beetroot	10%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	200kJ / 47kcal
Fat	0.4
- of which saturates	0.4
Carbohydrates	10.4
- of which sugars	9.4
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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GREEN DREAM

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	63%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	82kJ / 19kcal
Fat	0.3
- of which saturates	0.3
Carbohydrates	3.4
- of which sugars	1.7
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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GLOW PRO

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	46%
Organic Carrot	46%
Organic Turmeric	4%
Organic Lemon	2%
Organic Ginger	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	198kJ / 47kcal
Fat	0.6
- of which saturates	0.5
Carbohydrates	9.9
- of which sugars	6.1
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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5 X 500ml

3 X 500ml

3 X 500ml

3 X 500ml

ALKALINE SHINE

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	61%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%
Organic Ginger	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	81kJ / 19kcal
Fat	0.6
- of which saturates	0.5
Carbohydrates	2.9
- of which sugars	1.8
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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FRUITY BEAUTY

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	75%
Organic Banana	10%
Organic Avocado	10%
Organic Lemon	4%
Organic Cinnamon	1%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	297kJ / 71kcal
Fat	2.4
- of which saturates	0.7
Carbohydrates	12.4
- of which sugars	8.9
Protein	0.7
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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NEAT BEETS

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	37%
Organic Apple	32%
Organic Carrot	19%
Organic Beetroot	10%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	142kJ / 34kcal
Fat	0.4
- of which saturates	0.4
Carbohydrates	6.7
- of which sugars	4.1
Protein	0.7
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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2 X 500ml

2 X 500ml

2 X 500ml

THE 5 DAY CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 5



Bottled exclusively for
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SK17 1BT
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HS
HANNA
SILLITOE

Ginger Zinger

60ml

Ingredients

Organic Ginger	60%
Organic Apple	38%
Organic Lemon	2%

Store in a fridge <5°C.
Consume within 24 hours.
Separation is normal,
shake well.

Allergen advice:

May contain celery.

Nutrition

per 100g

Energy	172kJ/41kcal
Fat	1.0
- saturates	0.5
Carbohydrates	7.4
- sugars	5.6
Protein	0.7
Salt	<0.10

Best before:

See best before label.

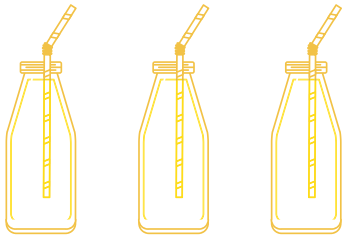
5

X

60ml

THE 5 DAY CLEANSE

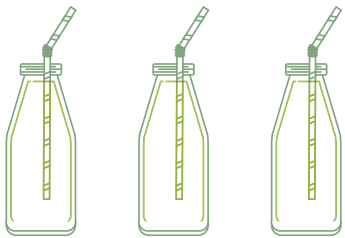
WHAT'S IN THE BOX? DAYS 1 - 3



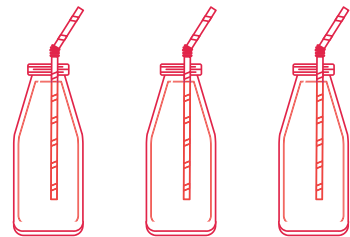
BREAKFAST
BEAM TEAM



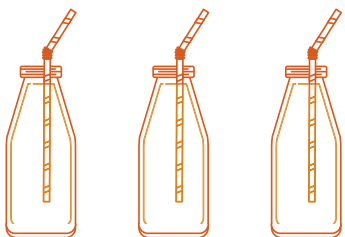
MIDMORNING
GINGER ZINGER



LUNCH
GREEN DREAM



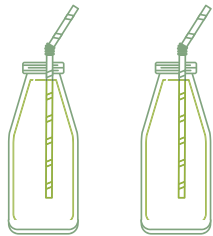
MID AFTERNOON
LUSH BLUSH



DINNER
GLOW PRO

THE 5 DAY CLEANSE

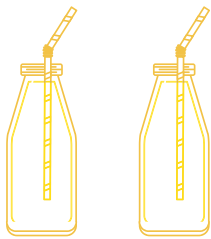
WHAT'S IN THE BOX? DAYS 4 & 5



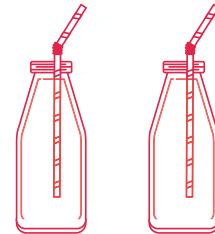
BREAKFAST
ALKALINE SHINE



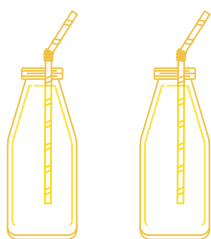
MIDMORNING
GINGER ZINGER



LUNCH
FRUITY BEAUTY



MID AFTERNOON
NEAT BEETS



DINNER
BEAM TEAM

THE 7 DAY CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 7

BEAM TEAM

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	38%
Organic Apple	38%
Organic Banana	10%
Organic Avocado	10%
Organic Lemon	4%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	187kJ / 45kcal
Fat	1.9
- of which saturates	0.6
Carbohydrates	6.2
- of which sugars	5.7
Protein	1.0
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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agriculture
GB-ORG-05



LUSH BLUSH

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	88%
Organic Beetroot	10%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	200kJ / 47kcal
Fat	0.4
- of which saturates	0.4
Carbohydrates	10.4
- of which sugars	9.4
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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GREEN DREAM

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Organic Cucumber	63%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	82kJ / 19kcal
Fat	0.3
- of which saturates	0.3
Carbohydrates	3.4
- of which sugars	1.7
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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GLOW PRO

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	46%
Organic Carrot	46%
Organic Turmeric	4%
Organic Lemon	2%
Organic Ginger	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	198kJ / 47kcal
Fat	0.6
- of which saturates	0.5
Carbohydrates	9.9
- of which sugars	6.1
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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3 X 500ml

3 X 500ml

5 X 500ml

5 X 500ml

ALKALINE SHINE

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Organic Cucumber	61%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%
Organic Ginger	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	81kJ / 19kcal
Fat	0.6
- of which saturates	0.5
Carbohydrates	2.9
- of which sugars	1.8
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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FRUITY BEAUTY

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Apple	75%
Organic Banana	10%
Organic Avocado	10%
Organic Lemon	4%
Organic Cinnamon	1%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	297kJ / 71kcal
Fat	2.4
- of which saturates	0.7
Carbohydrates	12.4
- of which sugars	8.9
Protein	0.7
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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NEAT BEETS

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	37%
Organic Apple	32%
Organic Carrot	19%
Organic Beetroot	10%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	142kJ / 34kcal
Fat	0.4
- of which saturates	0.4
Carbohydrates	6.7
- of which sugars	4.1
Protein	0.7
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
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POWER HOUR

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	62%
Organic Apple	34%
Organic Lemon	2%
Organic Seasonal Greens	2%

Separation is normal, shake well.

Nutritional information per 100g	
Energy	129kJ / 30kcal
Fat	0.2
- of which saturates	0.2
Carbohydrates	6.5
- of which sugars	4.7
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.
Best before: See best before label.

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2 X 500ml

4 X 500ml

2 X 500ml

2 X 500ml

THE 7 DAY CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 7

RUBY NEWBIE

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	40%
Organic Apple	30%
Organic Beetroot	15%
Organic Ginger	10%
Organic Lemon	5%

Separation is normal, shake well.

Nutritional information	per 100g
Energy	122kJ / 29kcal
Fat	0.4
- of which saturates	0.4
Carbohydrates	6.1
- of which sugars	4
Protein	0.4
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

Best before: See best before label.

Bottled exclusively for

Hanna Sillitoe Limited
PO Box 159, High Peak SK17 1BT
HannaSillitoe.com



UK/Non UK
agriculture
GB-ORG-05



2 X 500ml



Bottled exclusively for
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PO Box 159, High Peak
SK17 1BT
HannaSillitoe.com

**HANNA
SILLITOE**

Turmeric Twist

60ml

Ingredients

Organic Apple	43%
Organic Turmeric	35%
Organic Ginger	20%
Organic Lemon	2%

Store in a fridge <5°C.
Consume within 24 hours.
Shake well.

Allergen advice:
May contain celery.

Nutrition per 100g

Energy	160kJ/38kcal
Fat	0.4
- saturates	0.3
Carbohydrates - sugars	7.7 5.6
Protein	1
Salt	<0.10

Best before:
See best before label.

3 X 60ml



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**HANNA
SILLITOE**

Ginger Zinger

60ml

Ingredients

Organic Ginger	60%
Organic Apple	38%
Organic Lemon	2%

Store in a fridge <5°C.
Consume within 24 hours.
Separation is normal,
shake well.

Allergen advice:
May contain celery.

Nutrition per 100g

Energy	172kJ/41kcal
Fat	1.0
- saturates	0.5
Carbohydrates - sugars	7.4 5.6
Protein	0.7
Salt	<0.10

Best before:
See best before label.

4 X 60ml

THE 7 DAY CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 7



Skin Purity Tea

One to Four cups per Day

Burdock Root (*Arctium lappa*) Red Clover (*Trifolium pratense*) Chamomile (*Matricaria recutita*) Nettle Leaf (*Urtica dioica*) Marigold Flower (*Calendula officinalis*) Cleavers Herb (*Galium aparine*)



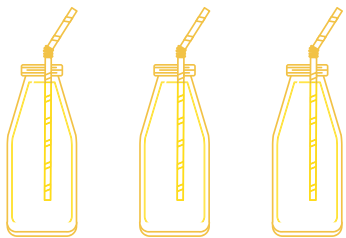
Milk Thistle Tincture

20 to 30 drops twice daily.

If you find the bitter tincture taste too strong, you may wish to dilute the drops in water or fruit juice.

THE 7 DAY CLEANSE

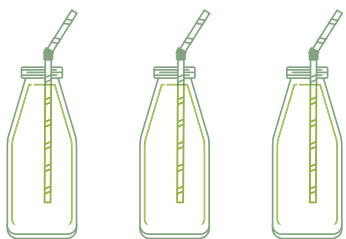
WHAT'S IN THE BOX? DAYS 1 - 3



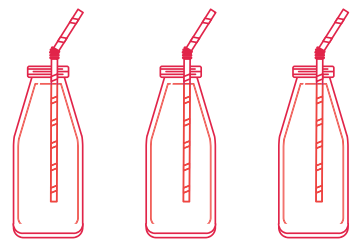
BREAKFAST
BEAM TEAM



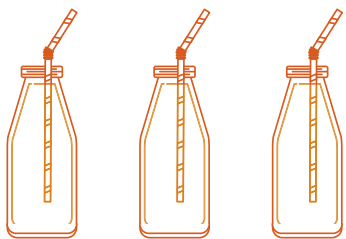
MIDMORNING
TURMERIC TWIST



LUNCH
GREEN DREAM



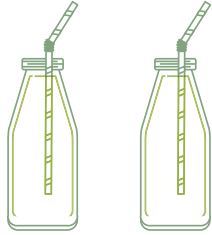
MID AFTERNOON
LUSH BLUSH



DINNER
GLOW PRO

THE 7 DAY CLEANSE

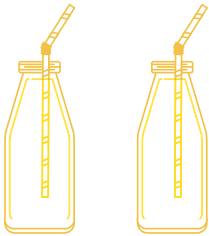
WHAT'S IN THE BOX? DAYS 4 & 5



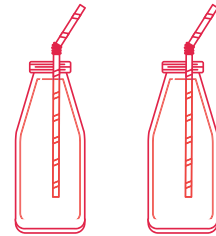
BREAKFAST
ALKALINE SHINE



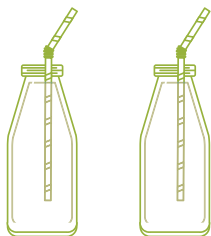
MIDMORNING
GINGER ZINGER



LUNCH
FRUITY BEAUTY



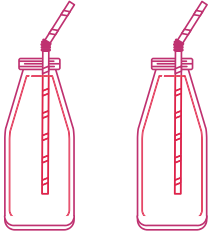
MID AFTERNOON
NEAT BEETS



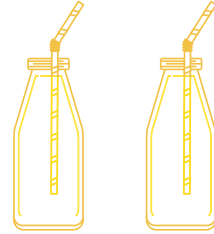
DINNER
POWER HOUR

THE 7 DAY CLEANSE

WHAT'S IN THE BOX? DAYS 6 & 7



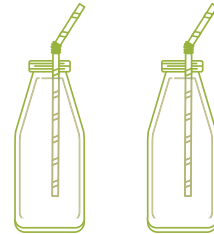
BREAKFAST
RUBY NEWBIE



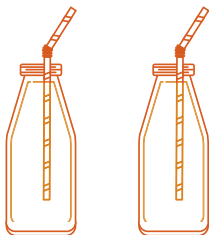
MIDMORNING
FRUITY BEAUTY



LUNCH
GINGER ZINGER



MID AFTERNOON
GREEN DREAM



DINNER
GLOW PRO

GREENS CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 3

ALKALINE SHINE

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	61%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%
Organic Ginger	2%

Separation is normal, shake well.

Nutritional information	per 100g
Energy	81kJ / 19kcal
Fat	0.6
- of which saturates	0.5
Carbohydrates	2.9
- of which sugars	1.8
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

Best before: See best before label.

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GREEN DREAM

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	63%
Organic Celery	30%
Organic Seasonal Greens	5%
Organic Lemon	2%

Separation is normal, shake well.

Nutritional information	per 100g
Energy	82kJ / 19kcal
Fat	0.3
- of which saturates	0.3
Carbohydrates	3.4
- of which sugars	1.7
Protein	0.7
Salt	<0.10

Allergen advice: For allergens, see ingredients in bold. Product contains Celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

Best before: See best before label.

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POWER HOUR

Our juices are made with the best quality organic, fresh ingredients grown by our farmers and bottled on an organic farm to maximise freshness, flavour, and nutritional value.

Organic Cucumber	62%
Organic Apple	34%
Organic Lemon	2%
Organic Seasonal Greens	2%

Separation is normal, shake well.

Nutritional information	per 100g
Energy	129kJ / 30kcal
Fat	0.2
- of which saturates	0.2
Carbohydrates	6.5
- of which sugars	4.7
Protein	0.5
Salt	<0.10

Allergen advice: Produced in a factory that handles Celery, may contain celery.

Storage: Store in a fridge <5°C, best served chilled, once open consume within 24 hours.

Best before: See best before label.

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3 X 500ml

3 X 500ml

3 X 500ml



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**HANNA
SILLITOE**

Turmeric Twist

60ml

Ingredients	
Organic Apple	43%
Organic Turmeric	35%
Organic Ginger	20%
Organic Lemon	2%

Store in a fridge <5°C.
Consume within 24 hours.
Shake well.

Allergen advice:
May contain celery.

Nutrition	per 100g
Energy	160kJ/38kcal
Fat	0.4
- saturates	0.3
Carbohydrates	7.7
- sugars	5.6
Protein	1
Salt	<0.10

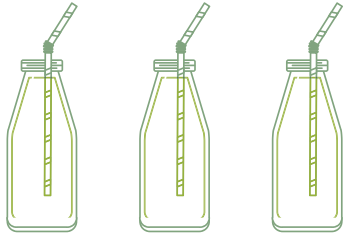
Best before:
See best before label.

3 X 60ml



GREENS CLEANSE

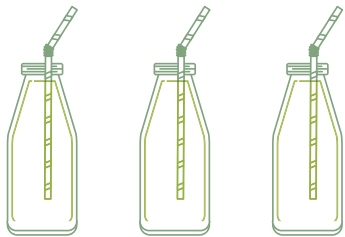
WHAT'S IN THE BOX? DAYS 1 - 3



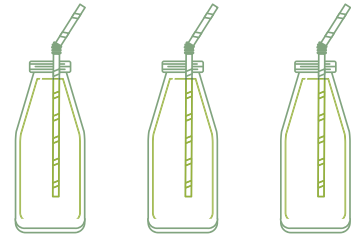
BREAKFAST
POWER HOUR



MIDMORNING
TURMERIC TWIST



LUNCH
GREEN DREAM



DINNER
ALKALINE SHINE

GREENS CLEANSE

WHAT'S IN THE BOX? DAYS 1 - 3



Skin Purity Tea

One to Four cups per Day

Burdock Root (*Arctium lappa*) Red Clover (*Trifolium pratense*) Chamomile (*Matricaria recutita*) Nettle Leaf (*Urtica dioica*) Marigold Flower (*Calendula officinalis*) Cleavers Herb (*Galium aparine*)



Milk Thistle Tincture

20 to 30 drops twice daily.

If you find the bitter tincture taste too strong, you may wish to dilute the drops in water or fruit juice.

WHAT TO DO POST CLEANSE

Hopefully you will finish the cleanse feeling energised, renewed and with a new gratitude for food!

Whilst there can be a temptation to eat absolutely everything for breakfast the following morning!! It's really important to gradually ease your body back into digestion.

Light, plant-based foods are your best option, especially for the first few days post-cleanse. Choosing something too heavy can overburden the digestive system, causing stomach pains and discomfort.

JUICING FORWARDS

If you felt good after your cleanse, juicing is something you will want to incorporate into your daily diet.

Whether you juice alongside regular meals, or replace particular meals with a juice instead, cold pressed, organic veg is the best and quickest way to absorb heaps of extra nutrients.

Our juices can be frozen and stay good for up to 3 months. Ordering a 7 day cleanse provides enough juice to drink one per day for an entire month.

THE POSITIVE SIDE EFFECTS OF A CLEANSE

BOOSTS ENERGY

Within the first two or three days you should begin to experience a significant difference in your energy levels. Juice cleansing floods the body with nutrients in their raw state, creating a lasting, clean energy; not the artificial energy high we often experience through caffeine or sugar. With organic, cold pressed juices, the enzymes and nutrients are liberated from fibre allowing them to be quickly absorbed by the body at a cellular level. After around 20 minutes you should be feeling a nice post-juice boost!

BANISHES INFLAMMATION

Studies have shown that embarking on a strict juice cleanse, followed by introducing a plant based diet, can greatly reduce inflammation in the body. We're living in a world where we're constantly exposed to chronic inflammation, whether it be from the air we breathe, meat, dairy, alcohol or the processed foods that we eat, to the cosmetic products we massage into our skin. Our bodies are overloaded with toxins, leading to inflammation. When we clean things up and cut out those toxins, whilst simultaneously incorporating the beneficial nutrients readily available in cold pressed juices, we're allowing the body to activate optimal cell repair. We're flooding our body with vitamins at a cellular level, whilst asking nothing in return in terms of digestion.

HELPS TO ACHIEVE OPTIMUM WEIGHT GOALS

Juice cleanses can be a fantastic kickstart to focusing on a more balanced diet. When you remove harmful, toxic, and processed foods, saturated fats and empty refined carbs, and replace them with vegetable and fruit juices and plant based foods you'll naturally lose weight.

PROMOTES HEALTHY HYDRATION

Over 60% of us are regularly dehydrated – consuming less than the recommended daily six glasses of water each day. Drinking adequate fluids such as water and organic, cold pressed juice, helps the body function more efficiently, therefore drinking pure, still water throughout the day whilst on a juice cleanse helps keep everything moving. Hydration also makes our skin glow. Regular hydration helps flush toxins, whilst juicing works to feed cells the healing nutrients they need to transform how you feel and look.

A CHANCE TO REST & DIGEST

Bloated? Sensitive stomach? IBS? A juice cleanse can help reset your gut. When you drink only cold pressed, raw fruit and vegetable juice, you're greatly reducing the amount of input and stress that your gut experiences. This gives your body the time to heal and recharge, while also taking in essential vitamins and phytonutrients.

FAQs

These FAQs should be used as general guidance only and not be taken as medical advice or diagnosis. Always consult a qualified medical practitioner if you have any concerns about your health, or before you embark on any plan of treatment.

Nothing in these FAQs should be taken as a guarantee. You are responsible for verifying for yourself the accuracy and suitability of all information and opinion shared here. The authors and publishers accept no responsibility for any loss or harm that may occur as a result of using or misusing this information, or in your failure to seek appropriate medical advice

ABOUT THE JUICES

Are your juices organic?

Yes they are.

Are your juices vegan?

Yes they are.

How long do your juices last?

We use a natural preservation process to enable you to keep your juices fresh in the fridge up to the Best Before date indicated on each bottle. It's best to store them between 0-5C in the fridge, or for up to three months in the freezer.

What's in your juices?

Organic vegetables, fruit, turmeric and ginger. Exact ingredients and nutritional information for each juice can be found here and on the juice cleanse page on the website.

What are your juices bottled in?

Sustainability is a biggie for us. Whilst we looked into bottling in glass bottles, it simply wouldn't work on a practical level. It might be an option we can offer to retailers going forward. There's also the negative impact of transporting those heavy glass containers to consider. We've therefore chosen to work with a supplier who can offer recyclable, BPA free, PET bottles that come complete with a recyclable, tamper proof lid. The chilled gel packs we include in our boxes can be washed and reused. They're great for chilling picnic food in summer.

How are juice cleanses delivered?

By next day courier DPD. All orders will be taken during the week, we will dispatch on a Thursday and your box will be with you on Friday.

What if I'm not home?

You can request our courier to leave your box in a safe place. As each box contains freezer packs, it's good for 72 hours. We advise you to place your juice bottles into the fridge or freezer as soon as you can.

EXPERIENCING SIDE EFFECTS

If this is the first time you're juicing, it might be that you experience symptoms you're not used to!

There is usually no need for alarm. Your body is going through a transition so changes are common. If you have any serious concerns either before embarking on a juice cleanse, or during the cleanse itself, we would always advise you seek the help of a qualified doctor.

The information we provide here is not intended as a substitute for medical advice.

I'm constipated

When it comes to juice cleanse experiences, everyone is different. On a juice plan you may find there isn't much 'action' happening! So long as you're not in any serious discomfort or pain, you don't need to worry. Consider it logically ... the fibre your body would usually discard has been extracted in making the juice! The moment you begin eating foods again, you'll be as regular as clockwork! If you become uncomfortable and want help to get things moving, try adding some chia seeds to your juice.

I have a headache

When the body is detoxing, it is quite common to experience headaches and initial energy loss. You might begin to feel quite exhausted and lethargic. A lot of the time we rely on caffeine and other false stimulants to mask what's really happening. Detox symptoms are in fact withdrawal symptoms, which are indicators of your 'true' level of health. The good news is these symptoms rarely last longer than 3 days and should begin to reverse after 3 days of juicing.

Help, I'm seeing breakouts on my skin

This can be worrying, especially if you started the cleanse with the intention of clearing your skin. Everyone reacts differently to a juice plan and sometimes getting a few spots is the body's way of getting rid of built up toxins. This will settle down and your skin will clear up. Most people find their skin is glowing by the end of a detox.

Ugh. I feel bloated

Bloating is quite often the result of what you consumed in the days prior to detoxing. Many people overeat before a detox, fearing they will never eat again! It can then take a good couple of days for things to work their way through your system. You may find that you are experiencing a little fluid retention. Although it may sound counterintuitive, this can be managed by drinking plenty of water.

I have diarrhea

This is not a common response and needs to be monitored carefully as it may not be in relation to the juice plan. It can be common to experience a change in your bowel movements and it may just be a case of your body eliminating a build up of toxicity. However, if you experience symptoms for longer than 24 hours, please seek medical advice. Make sure you keep yourself well hydrated by drinking plenty of water.

I feel extremely tired & sleepy

It is quite common to experience headaches and initial energy loss when you begin a cleanse. It's important to understand that you were falsely boosting your body with stimulants such as caffeine, alcohol and sugars. Now that these stimulants have been withdrawn, your body is re-establishing its equilibrium and, during this time, you can suffer energy loss.

I feel dizzy

You may find that you are lacking in electrolytes. Salt is a key ingredient in getting electrolytes (sodium, potassium, chloride, calcium, magnesium, bicarbonate, phosphate and sulphate) into the body. Simply add a pinch or two of Himalayan Rock salt to water or replace regular water with sips of coconut water throughout the day to rebalance levels.