**THAWING INSTRUCTIONS**

+ **BOTTLES SHOULD ARRIVE FROZEN.**
+ **STORE BOTTLES IN YOUR FREEZER UNTIL YOU ARE READY TO START DRINKING THEM.**
+ **THAW OUT THE NUMBER OF BOTTLES YOU PLAN ON DRINKING EACH DAY.**
+ **THAW THE BOTTLES IN YOUR REFRIGERATOR. THAWING MAY TAKE 24 - 48 HOURS DEPENDING ON HOW COLD YOUR REFRIGERATOR IS.**
+ **ONCE THAWED, BOTTLES SHOULD REMAIN IN THE REFRIGERATOR AND BE CONSUMED WITHIN 24 HOURS.**

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**QUESTIONS?**

We are here for you. Contact us with any questions and concerns at: support@rawgeneration.com

CALL: 732-305-2870

TEXT: 732-876-9373

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**FACTS AND QUESTIONS**

+ **WHAT ARE THE BENEFITS OF GREEN JUICE?**
  Leafy green vegetables are of the utmost importance to the human body. Juicing those leafy green vegetables makes it very easy for your body to absorb a high concentration of the essential nutrients that promote healthy weight loss, a natural increase in energy levels, better digestion, boosted immunity and improved overall health.

+ **WHEN SHOULD I DRINK GREEN JUICE?**
  Green juices can be consumed at any point throughout your day. They are great to drink first thing in the morning for a natural energy boost or as a snack or meal replacement.

+ **WHAT IF I CAN’T DRINK A FULL BOTTLE?**
  Start slow! Start by drinking a few sips and gradually increase the amount you drink each morning until you can drink a full bottle. It’s not a race. Take as long as you need to work your way up to drinking a full bottle daily.

+ **HOW LONG UNTIL I SEE RESULTS?**
  It varies from person to person, but some people see results in as little as just a few days.

+ **HOW LONG SHOULD I DRINK GREEN JUICE?**
  Green juice is meant to be consumed daily on a long term basis.

+ **CAN I CONTINUE DRINKING COFFEE OR TEA?**
  Yes, however you may find that you do not need the extra caffeine from coffee or tea after drinking green juice for a period of time.

+ **CAN I CLEANSE WITH GREEN JUICE?**
  Green juices are perfect to cleanse with! They provide a wide variety of nutrients and should give you excellent results. We recommend drinking 6 bottles of juice per day in any order.

+ **WHAT ELSE CAN I DO TO LOOK & FEEL BETTER?**
  In addition to drinking green juice daily, it is a good idea to do a cleanse at least a few times a year. You can also try adding more vegetables to each meal, and reducing or removing dairy, gluten, and alcohol from your diet.

+ **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 refrigerator, one day’s worth of bottles at a time.

+ **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.