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 FOR JUICES (4-6 HOURS FOR SHOTS) DEPENDING ON HOW COLD YOUR REFRIGERATOR IS.**
+ **ONCE THAWED, BOTTLES SHOULD REMAIN IN THE REFRIGERATOR AND BE CONSUMED WITHIN 24 HOURS.**

FACTS AND QUESTIONS

+ **HOW OFTEN SHOULD I DRINK A JUICE?**
  It’s up to you! You can never have too much cold-pressed juice. Drink as a snack, meal replacement, pre/post workout replenishment, or drink several a day to do a juice cleanse.

+ **WHAT IF I CAN’T DRINK A FULL BOTTLE OF JUICE?**
  There is no right or wrong amount to drink and you do not need to finish the entire bottle in one shot. Just respect your hunger levels and only drink as much as you need.

+ **DO I HAVE TO DRINK THE IMMUNITY SHOT ALL AT ONCE?**
  No, you can drink it as quickly or slowly as you feel comfortable.

+ **HOW LONG SHOULD I DRINK RAW JUICE?**
  Our cold-pressed juices are meant to be consumed daily on a long term basis.

+ **CAN I CLEANSE WITH THESE JUICES AND SHOTS?**
  Our cold-pressed juices and shots are perfect to cleanse with! They provide a wide variety of nutrients and should give you excellent results.

+ **HOW OFTEN SHOULD I TAKE A SHOT?**
  We recommend drinking at least one shot daily, whether or not you are cleansing. It is perfectly acceptable to drink more than one shot daily as the ingredients will only serve to benefit your immune system and body! You can also pour your shot into a bottle of juice for an added boost- we think it pairs perfectly with Citrus Carrot or Sweet Roots!

+ **WHAT ELSE CAN I DO TO LOOK & FEEL BETTER?**
  In addition to drinking cold pressed juices, 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.

+ **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 for juice bottles, 6-8 hours for shot bottles 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.