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

+ WHY CLEANSE + IMMUNITY SHOTS?
The raw, cold-pressed juices of Skinny Cleanse® feed your body with all the vitamins and minerals it needs to quickly let go of excess weight and bloating. Meanwhile, our Turmeric Ginger Immunity shots help bolster your defenses against illness with turmeric, the most anti-inflammatory superfood in the world plus the antioxidant power of ginger. Immunity strength goes up. Weight comes down.

+ FEELING HUNGRY?
It is good to snack on raw fruits and vegetables if you feel extra hungry or need to chew on something.

+ HOW OFTEN SHOULD I TAKE A SHOT?
We recommend drinking at least one shot daily during your cleanse and in the days following your cleanse. It is perfectly acceptable to drink more than one shot daily as the ingredients will only serve to benefit your immune system and body!

+ 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 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 JUICE 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 use as a snack or meal replacement after your cleanse.

+ IN WHAT ORDER SHOULD I DRINK THE JUICE 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.

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 IF I WANT TO WORK OUT DURING MY CLEANSE?**
  Listen to your body. If you feel weak, do not push yourself. If you are working out and feel you need more than the 6 bottles included, try eating raw fruits, vegetables, and/or raw, unsalted 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 often as 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 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.