

Cold-pressing is a method of extracting liquid from fruits and vegetables without depleting any of their nutritional content. In using cold-pressed methods, juices remain raw and nutrient dense for optimal health benefits. All of our juices are cold-pressed, raw and unpasteurized.



C L E A N S E

1-DAY REVIVE:

Quick rebound from dietary mistakes

3-DAY RESET:

Reset your diet and kick start clean-eating habits

5-DAY RECOVER:

Recover and reset your cravings

PUR Cold-Pressed offers 1, 3 and 5 day cleanse options. Cleanses are available as preorders and must be ordered 48 hours in advanced . In case of allergy restrictions, please reach out to us directly. We would be happy to try to accommodate your needs.

purcoldpressed.com

915.317.6791

@purcoldpressed

J U I C E W I T H A P U R P O S E

Cleanse Benefits

Cleansing methods and results are unique to each person. Done properly, a juice cleanse can help to increase energy, improve digestion, conquer cravings, support well-being and reset lifestyle habits. The intention is to emerge from your cleanse energized, revitalized and restored

H O W T O C L E A N S E

Before you cleanse

For best results, 1-2 weeks or a minimum of 2-4 days before beginning the cleanse, reduce or completely eliminate the following:

(Avoiding these things before you begin your cleanses prepares your body for detoxification and maximizes the benefits).

- Ø Caffeine
- Ø Alcohol
- Ø White Foods
(sugar, dairy, white flour, processed/packaged food)
- Ø Meat
- Ø Nicotine
- Ø Over-the-counter medication
(unless prescribed by your physician)

During your cleanse

- Upon waking, squeeze ½ lemon in 10-12oz. of warm water. This will help to alkalize your body and kickstart detoxification.
- Before drinking your first juice, drink at least 24 ounces of water.
- Drink your 6 juices throughout the day at your convenience, (usually around every 2 hours) making sure to drink plenty of water between each juice. We like to save the Nut Mylk for last because it is not only relaxing, but a great way to get protein before bed. If your body is absolutely not happy and MUST have food, we recommend something liquid-based like vegetable soup broth or a smoothie.

After your cleanse

We recommend taking at least 1 ½ days before eating solid foods. Use this period to ease yourself back to solids by consuming smoothies, soups and more cold-pressed juice! Once you are ready, easing into solid foods with lots of vegetables, fruits, and salads is ideal. Continue drinking plenty of water daily.

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PUR ALMOND MILK

Almonds, cinnamon, dates, vanilla, filtered h20

GREEN MYLK

Spinach, romaine, green apple, almonds, cinnamon, dates, filtered h20

DIRTY CHAI

Almonds, cinnamon, dates, vanilla, pur chai spices, cold brew, filtered h20

COCONUT COLD BREW

Coconut, almond, cold brew, dates, clove, vanilla, filtered h20

CHOCOLATE MYLK

Almonds, coconut, dates, cinnamon, cacao, vanilla, filtered h20

PUR Cold-Pressed juice is not meant to treat, prevent, diagnose, or cure any disease. Our juices are raw and have not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems. Always consult your physician if you need help determining whether raw juice is appropriate for you.

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PUR GREENS

Cucumber, kale, celery, apple, lemon, ginger

SUNNY CITRUS

Carrot, orange, pineapple, lemon, ginger, turmeric

RAW RED

Cucumber, carrot, beet, apple, lemon, ginger

CHARCOAL LEMONADE

Lemon, activated charcoal, ginger, filtered h20, agave

TURMERIC LEMON

Lemon, turmeric, ginger, agave, filtered h20

BLUE CHIA

Pineapple, apple, chia seeds, blue majik® spirulina

PINEAPPLE MINT

Pineapple, apple, mint

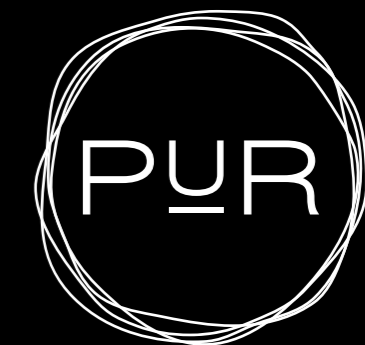


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W E L L N E S S
B A L A N C E
M I N D F U L N E S S
S E R E N I T Y
O N E N E S S
H E A L T H
G R A T I T U D E
L O V E



COLD-PRESSED