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# WELCOME TO YOUR LEVEL 1 CLEANSE: THE KICKSTARTER

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## FIRST THING

The products in this Cleanse are raw and perishable. It's important that they are refrigerated right away and stay chilled until they are consumed.

Start the program the day after you receive it to ensure everything remains fresh through to the last day of the program.

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## DAILY SCHEDULE

The recommended schedule is in the diagram on the reverse of this page. For best results, try to stick as closely to the schedule as possible.

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## STAY HYDRATED

Drink plenty of water between each serving. However, try to avoid drinking too much water within 30 minutes of consuming each serving as this will dilute the nutrients in each cold-pressed juice and mixed superfood beverage.

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## EXERCISE

It is recommended to keep exercise to a minimum while completing this program. Light yoga or walking at a moderate pace are appropriate.

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## CAFFEINE

For best results, we encourage you not to add any additional sources of caffeine to your diet, but ultimately the decision is up to you. If you do feel like you are feeling symptoms of caffeine withdrawal, adding green tea would be your best option.

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## MEDICATION AND SUPPLEMENTS

Continue to take medication and supplements that have been prescribed to you by a health practitioner as directed.

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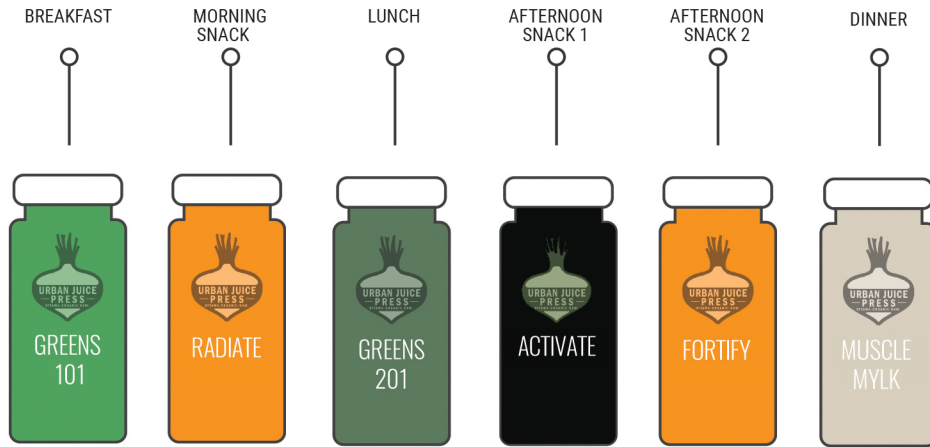
## DETOXIFICATION SYMPTOMS

When starting a healthy eating lifestyle, it is possible that you will experience symptoms of detoxification. These can include headache, fatigue, and nausea. This happens because the body releases toxins into the bloodstream that have been stored away in adipose tissue (fat cells) as well as the liver and other organs. Once released into the bloodstream, the next step is to eliminate them from the digestive system.

The type and intensity of detoxification symptoms will vary from person-to-person based on individual bio-chemistry and how healthy the diet was prior to starting this program. If you do experience any of these symptoms, stick with the program and remember that they are only temporary.



# LEVEL 1 CLEANSE DAILY SCHEDULE



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## COMPLETION

Congratulations on completing! You may notice some positive changes such as improved digestion, an improved skin tone, or a more uplifted mood.

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## READY FOR THE NEXT LEVEL?

Our programs are structured by Level of "detox" and intensity based on the number of total daily calories, the ratio between juices and mixed beverages, and the ratio between green juices and those with root vegetables.

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## URBAN JUICE PRESS REWARDS

All purchases are eligible for our Rewards Program. You can check your point balance and eligible rewards by signing-in to your account at [urbanjuicepress.ca](http://urbanjuicepress.ca).

If you sign-up for Rewards after your purchase, send us an email at [hello@urbanjuicepress.ca](mailto:hello@urbanjuicepress.ca) and we will add points from this purchase.

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## QUESTIONS?

If you have any questions, send us an email at [hello@urbanjuicepress.ca](mailto:hello@urbanjuicepress.ca) or chat with us online when you visit [urbanjuicepress.ca](http://urbanjuicepress.ca).

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## THANK YOU!

Thank you for choosing us for your Juice Cleanse - we really appreciate it!



**READY FOR THE NEXT LEVEL?**  
**TAKE \$5 OFF THE LEVEL 2 CLEANSE: JUICE & NUT MILK\***



TO REDEEM, USE DISCOUNT CODE **level2** AT CHECKOUT AT [URBANJUICEPRESS.CA](http://URBANJUICEPRESS.CA)

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