



WELCOME TO YOUR POST-CLEANSE TRANSITION

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FIRST THING

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

Most of the products have a short shelf-life. You will want to start the program the day after you receive it to ensure everything remains fresh through 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 naturally occurring digestive enzymes in each cold-pressed juice and superfood smoothie.

4

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

The Green Energy bottled smoothies contain a small amount of caffeine from matcha green tea. The amount is small enough and structured early enough in the day that it won't interfere with sleep.

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 the 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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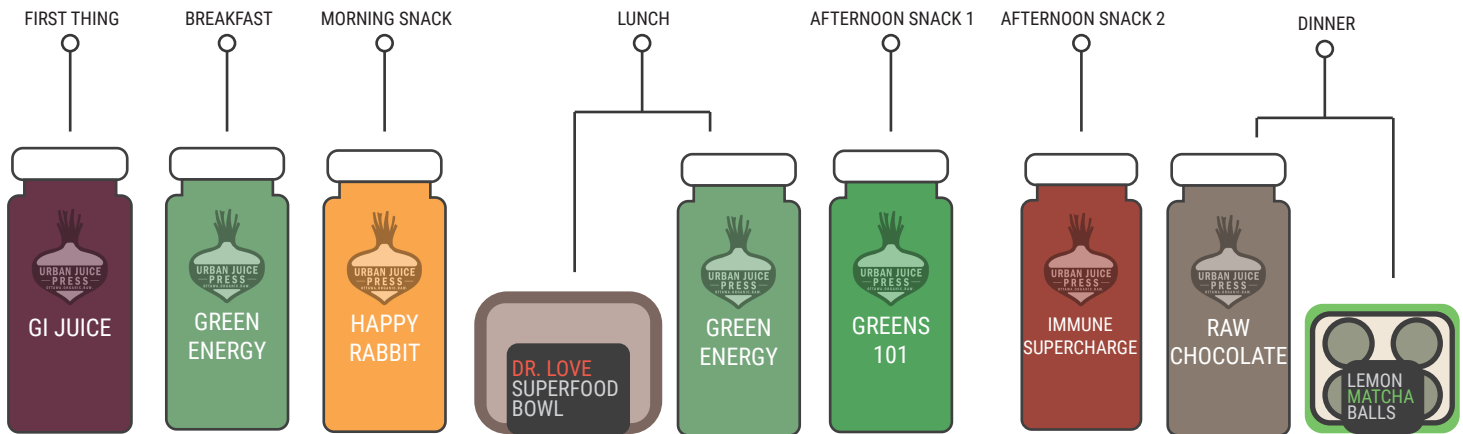
DETOXIFICATION SYMPTOMS

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.



POST CLEANSE TRANSITION 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. Adopting a healthy lifestyle that incorporates a rich menu of colourful fruits and vegetables will go a long way.

Kick out the processed "foods" as much as you can and feel the difference because your body really does prefer the real thing! Lastly, take a moment to thank yourself because YOU DID IT!

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BOTTLE RETURNS

Help us stay green by returning your bottles* to our Parkdale Juice Shop. We'll give you a free bottle of juice for every 10 empties that you bring back. And no need to bring back 10 at a time - we'll keep track for you.

Bottles can be returned to:
340-B Parkdale Ave
(Entrance on Spencer St)
Ottawa, Ontario

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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.

If you sign-up for Rewards after your purchase, send us an email at 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 or give us a call at 613-694-BEET (2338).

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THANK YOU!

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



TAKE \$5 OFF ANY
MADE FRESH-TO-ORDER
**SUPERFOOD
SMOOTHIE***



340-B PARKDALE AVE (ENTRANCE ON SPENCER ST)
OTTAWA, ON, 613-694-BEET (2338)

*ONE TIME USE ONLY. CANNOT BE COMBINED WITH OTHER DISCOUNTS OR PROMOTIONS.

