



# Nourishment Cleanse

## Menu & Guide



# Living Beverages<sup>®</sup>



## Nourishment Cleanse | Menu & Guide

### Why Cleanse?

Cleansing is a way of eliminating toxins from your system and pressing reset. Even if you're already avoiding processed food and beverages, stress and pollution can be detrimental to health - clouding both your body and your mind. A cleanse can help you flush out the toxins that build up inside you and your lymphatic system over time. Done properly, cleansing can improve your digestion and charge you with renewed (renewable and sustainable) energy. It can also help you take inventory of your current nutritional habits and determine where there is room for improvement. You should emerge from your cleanse with increased mental clarity and energy!

### Cleansing Prep

We recommend using three days leading up to your cleanse to prepare your body for this change by phasing out processed foods, refined flour, sugar, alcohol, caffeine, dairy, and meat. The more you prepare before your cleanse, the easier you will find it, and the more transformative the results will be. Drink plenty of water, begin introducing fresh homemade juice into your daily routine, and make fresh fruit and/or vegetables the centerpiece of each meal. Snack on nuts, veggies, and healthy plant-based fats.



Let Yourself Shine.



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### Let's Go

After rising from high-quality sleep, we recommend starting out your day with 500mL to 1L (16-32 ounces) of room temperature, pure, distilled water. Feel free to add lemon, trace minerals, fulvic acid and Himalayan pink salt to the water to aid in waking your digestive system. This will both hydrate and prepare your body for absorption. A half hour after consuming water, you are now ready to start your Nourishment Cleanse.

### Water is your friend

Staying hydrated while cleansing is extremely important. You can drink water before each Living Beverage. To maximize the benefits of each beverage, drink water only when you feel thirsty or hungry. You may wish to infuse your water with lemon and/or cucumber by placing sliced fruit in water in a closed container overnight in the refrigerator.

### Himalayan Pink Salt

Himalayan pink salt is an important ingredient in our SuperAde Line as a natural electrolyte that increases hydration and improves energy. It helps to balance pH levels in the body, flush out toxins, and support absorption of H<sub>2</sub>O.



# 1

Early Morning  
(6-7 am)

Lemon  
Cayenne Pepper  
Maple Syrup

Start your Nourishment Cleanse off with **Master Cleanse SuperAde!** Organic pressed lemon will help alkalize and build immunity with a kick of cayenne pepper to improve circulation.



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Blue Spirulina  
Lemon  
Maple Syrup

**2** | Mid-Morning  
(8-9 am)

Next up is **Blue Spirulina SuperAde** - rich in protein and Vitamin B that are beneficial for memory function. Enjoy the taste of pure, fresh lemonade with the added nutrient benefits of Blue Spirulina for mental clarity!



**3** | Late Morning  
(10-11 am)

Wild Blueberry  
Lemon  
Maple Syrup

Enjoy a heavy metal detox, a boost in brain function, and increased vitality with **Wild Blueberry SuperAde!**



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Chlorophyll  
Aloe Vera  
Lemon  
Maple Syrup

4 | Midday  
(12 pm)

Enjoy the taste of pure, fresh **Chlorophyll Aloe SuperAde** and thrive with the benefits of digestive health, hydration, and skin rejuvenation.



5 | Early Afternoon  
(1-2 pm)

Lemon  
Cayenne Pepper  
Maple Syrup

Revitalize in the early afternoon with **Master Cleanse SuperAde** to help strengthen immunity and vitality!



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Blue Spirulina  
Lemon  
Maple Syrup

6 | Late Afternoon  
(3-4 pm)

Increase clarity in the afternoon with  
**Blue Spirulina SuperAde.**



7 | Evening  
(6 pm)

Wild Blueberry  
Lemon  
Maple Syrup

Living, SuperFood, Hydration! Enjoy another **Wild Blueberry SuperAde**, rich in Pre-Biotics and Anti-Oxidants.





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Chlorophyll  
Aloe Vera  
Lemon  
Maple Syrup

8

Late Evening  
(8 pm)

Finish cleansing for the day with **Chlorophyll Aloe SuperAde** for a glowing skin complexion and relaxation.



## Daily Cleanse Recap

Water (all day as needed between Living Beverages)

1 | Early Morning  
**Master Cleanse SuperAde**

2 | Mid-Morning  
**Blue Spirulina SuperAde**

3 | Late Morning  
**Wild Blueberry SuperAde**

4 | Midday  
**Chlorophyll Aloe SuperAde**

5 | Early Afternoon  
**Master Cleanse SuperAde**

6 | Late Afternoon  
**Blue Spirulina SuperAde**

7 | Evening  
**Wild Blueberry SuperAde**

8 | Late Evening  
**Chlorophyll Aloe SuperAde**

Best in Glass.



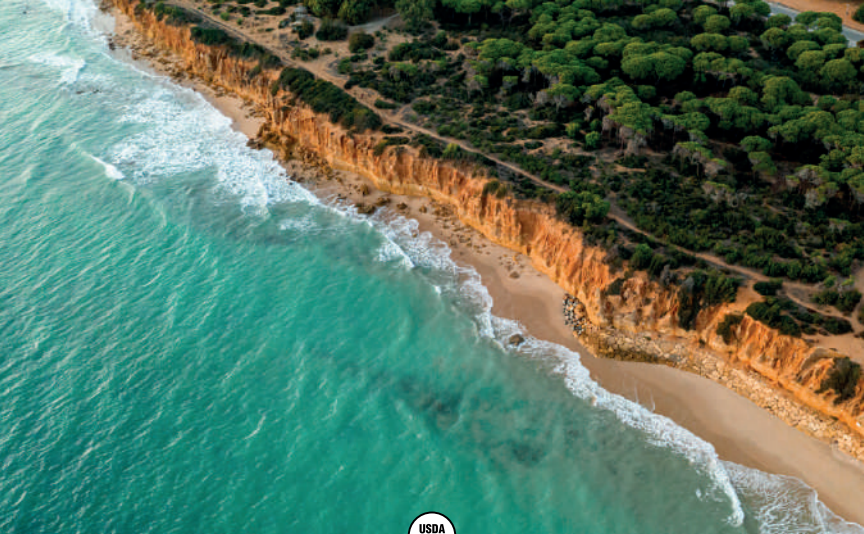
## Cleansing Tips

- Keep Sol-ti Living Beverages refrigerated.
- Drink plenty of water or caffeine-free tea throughout the day.
- Exercise! Walk, perform yoga, or move your body throughout the day to keep your circulatory system moving.
- Get a massage - helps with circulation.
- Cleanse with a friend or family member to encourage one another!
- Listen to your body. Sleep and rest as needed.

## After the Cleanse

You should ease out of your cleanse in the same way that you eased into it. That means keeping processed foods, refined flour and sugar, alcohol, caffeine, dairy, and meat out of your diet for at least the first few days (or for good). Prioritize vegetables, fruit, healthy fats, and nuts. Your first few meals should be small and easy to digest, such as a smoothie for breakfast, a fruit salad, light salad, or a raw soup for lunch, and a large salad with healthy fats for dinner. Eat slowly, and chew carefully. Drink plenty of water and continue drinking one to three Living Beverages per day. Take your cleanse as an opportunity to discard old habits and form healthier ones so you can Let Yourself Shine!





Light Filtered<sup>®</sup>

Glass Bottled

Living Beverages<sup>®</sup>

## Best in Glass<sup>®</sup>

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From day one, we have refused to use petroleum-based plastic packaging – rather, we bottle each of our products in glass for purity and taste. How do we do this? Our unique light filtration process uses light rays to preserve our liquid without pasteurizing it. The effects are minimally invasive – eliminating spoilers without impacting nutrient counts – so you can enjoy pure, raw Sol-ti.

Let Yourself Shine with Sol-ti.



@drinksolti



Sol-ti



Sol-ti

# Sol-ti®



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