



• CLEANSE GUIDE •

RESCUING WONKY FRUIT AND VEG ✓ COLD-PRESSED ✓ NEVER HEAT TREATED ✓ LOCAL PRODUCE



## Daily Dose Juice – Our Story



George founded Daily Dose in 2016, after he discovered the mighty power of juice on his drastic weight loss journey. After shedding a massive 5 stone, he embarked upon a trip to LA that both ignited his love for cold pressed juice and revealed a gap in the British market.

Our produce is sourced directly from farmers, where possible within the UK. Whilst sourcing produce George rapidly discovered the vast volume of produce wasted daily due to the produce not conforming to the supermarket' strict criteria on shape and size. This revelation prompted George's commitment to fighting the food-waste epidemic by using wonky, surplus produce to make our juices.

Fast forward to 2019 and we are rescuing tonnes of wonky produce each week! At the tail end of production, we collect all of our left over pulp and have it broken down to produce biogas and biofertiliser. Every step of our process is designed to help us achieve our waste goals.

*"Our cold-pressed juices are the perfect way to hit the reset button on your diet. I began Daily Dose with one goal, to produce juices that taste delicious, and nourish the body."*

## Ordering Your Juice Cleanse – Things To Consider

- ✂ Choose which day you'd like to begin your cleanse, we offer next day delivery Tuesday to Friday free of charge.
- ✂ Our courier will send through a one hour delivery slot on the morning of the delivery. We advise that you order your cleanse to arrive the day before you wish to begin cleansing to ensure you're ready to go!
- ✂ Ordering 3+ days of cleansing? Each day's cleanse includes up to 9 bottles which will need to be stored in the fridge. If you're worried about fridge space, please contact us – we can always split cleanses of 3 days + to arrive in installments.

### On The Day:

Your juices will arrive in one of our Daily Dose cool bags filled with ice packs to keep your juices cool. Not going to be home? The delivery can be left in safe place for up to 6 hours – please let us know where safe place is in the delivery instructions so we can let our courier know!

Where possible, please refrigerate the juices once they have arrived. Our juices maintain their nutritional content best (and taste!) when kept between 0-5°C.



## Your Juice Cleanse – How To Prepare:

Juice Cleansing is a simple and convenient way of revitalising and rebooting the body. In everyday life we take in harmful toxins and pollutants that build up over time. Taking on a juice diet will help you to detoxify and hydrate.

All our juices are individually formulated to give specific benefits, our cleanses are carefully put together to combine these benefits for an overall goal.

- In the lead up to the cleanse, maintain a healthy and balanced diet, avoid refined sugars, processed food and caffeine... a golden rule – if you can't pronounce it, don't consume it!
- During your cleanse – relax, participate in light exercises, for example practice yoga or head out for a long walk.
- Consult a medical professional to seek advice tailored to your health.

### WHAT TIME DO I DRINK THE JUICES?



We recommend that you snack on raw almonds if you're feeling peckish.

**DON'T FORGET TO STAY HYDRATED AND DRINK PLENTY OF WATER THROUGHOUT THE CLEANSE!**

## 5:2 Cleanse

Sticking to a diet is never easy. That's why we've created the 5:2 cleanse which contains 6 juices containing less than 800 kcals so you can enjoy your two days with peace of mind.

We recommend that the juices are consumed throughout the day in the order listed below.

### ROUND 1.

1. Verde
2. Dulce Verde
3. Strawb
4. Verde
5. Black Lemonade
6. Vanilla Nüsse

Black Lemonade & Spirulina

Hot Shot

Total Calories Per Day (kcal) 652

### ROUND 2.

1. Verde
2. Vanilla Nüsse
3. Dulce Verde
4. Verde
5. Dulce Verde
6. Cacao Nüsse

Black Lemonade & Spirulina

Hot Shot

Total Calories Per Day (kcal) 793

### WHAT TIME SHOULD I DRINK THE JUICES?

- 🍷 8am Breakfast Juice – start your day as you mean you to go on, with Verde.
- 🍷 Continue to drink a juice every two hours, rounding off the day with our favourite treat, a Nüsse.
- 🍷 Sip the Black Lemonade and Spirulina throughout the day and use the Hot Shot as a pick me up.
- 🍷 Stay hydrated with water!

### IMPORTANT TO NOTE

We do not add any additives or preservatives to our juices. The separation is natural, please shake before you sip!





THANK YOU FOR  
CLEANSING WITH  
DAILY DOSE JUICE  
USE 'JUICEME' TO  
RECEIVE 10%  
OFF YOUR NEXT  
CLEANSE



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