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Gluten Free



NO-GMO



All Natural

Thank you for purchasing our Juice Cleanse

Instructions

Pre-Cleanse

To get the results the cleanse is designed to give you, you need to wean yourself off a few things leading up to your start date. Trust me, your body will thank you for it during the cleanse.

Why should you do a pre-cleanse? Simple, it's to let your body know of an upcoming change. If you don't pre-cleanse, you will simply shock your body at the very last moment and run the risk of failing to finish the cleanse.

1 day before you start the cleanse we recommend that you eat wholesome, whole foods and try to **AVOID** the following:

- Meat & poultry
- Processed starches like bread, white rice and pasta
- Dairy, eggs

Instead we **RECOMMEND**:

- Fruits, raw or steamed vegetables, salad with apple cider vinegar as your dressing
- Raw almonds
- Smoothies

During your Cleanse

You are officially starting your Cleanse and will be drinking juices instead of eating meals. Hydration is an essential key and we recommend you drink about 45 to 65 oz of filtered water per day. Majority of us suffer from mild dehydration and many of us are chronically dehydrated, so make sure you drink plenty of water!

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Start your morning by having some warm water with lemon. This will help stimulate your stomach and digestion.

Twenty to Thirty minutes later you can have your first juice. Drink the juices in any order an hour to an hour and a half apart. If you can not finish all of the powder packets in one day, DO not worry. You can drink them the next day or simply use them as a snack at a later date. Always listen to your body! If you start to feel sick then feel free to stop the cleanse and continue at another time. It is completely normal to have excessive bowel movements or constipation during the cleanse. Everyone's body reacts differently. If you have ANY questions or concerns please do not hesitate to reach out to us at info@rawfountainjuice.com or simply message us on amazon or any social media platform. Enjoy!



Feel free to exercise, but don't overdo it. It's important that you listen to your body. Going to bed early will help take your mind off of food and accelerate the cleansing process.

To end your night, have a Chamomile tea that will calm, soothe and relax your mind and body. If you feel constipated, we recommend a herbal laxative.

If at any time you feel extremely hungry and feel the need to eat, then you can have some fruits, veggies, nuts, soup, salad or anything plant based. Eating a small meal should not hinder your cleanse results.

Post-Cleanse Instructions

Congratulations! You did it!

Now that you have supercharged your body, it's time to make sure you maintain it. Here is what we recommend to sustain the effects of your cleanse and keep you on track to a healthier you. Start by introducing gentle foods for the first two days like smoothies, soups, salads, and veggies. After that, go ahead and re-introduce heavier foods like chicken, salmon & whole wheat rice but one at a time so your body and your stomach can gradually get used to it.

Structure your healthy diet plan that is custom to your everyday life but always remember to control your portions and include greens in each meal.

On the behalf of RAW Fountain Juice, we wish you the best of luck and remember, your body will thank you for this!