

# READY TO REBOOT?

WE GET IT. A FRESH START FEELS GOOD.  
WHETHER YOU'RE KICKSTARTING A HEALTHIER WELLNESS ROUTINE,  
OR JUST LOOKING TO HIT "RESET"...WE HAVE THE FIX.

@JRINKJUICERY // JRINK.COM

## WHY REBOOT?

DAY-TO-DAY IT'S EASY TO LOSE SIGHT OF HEALTHY HABITS. OUR REBOOTS ARE CRAFTED TO GIVE YOU THE FRESH (COLD-PRESSED) START YOUR BODY CRAVES. 100% FRUIT + VEG, EVERY BOTTLE IS NUTRITIONALLY FORMULATED TO KEEP YOU FEELING GOOD.

## HOW-TO REBOOT?

**HYDRATE:** DRINK PLENTY OF H2O BEFORE, DURING, AND AFTER YOUR REBOOT.

**JRINK OFTEN:** ENJOY EACH JUICE 2-3 HRS APART. SIP AS NEEDED.

**KEEP CHILL:** EXERCISE SHOULD BE LIGHT AND ENJOYED IN MODERATION.

**SKIP THE HANGER:** HUNGRY AF? IT HAPPENS. IF YOU'RE FEELING IN NEED OF SOMETHING EXTRA, REACH FOR A LIGHT SNACK (NUT BUTTER, AVOCADO, BROTH...)

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### EASY

1: DAILY GREENS  
2: SPICY LEMONAID  
3: FARMA-C  
4: DAILY GREENS  
5: CINNABEET (8oz)  
6: HOUSE ALMOND  
ANY TIME: PYRO SHOT

### INTERMEDIATE

1: SUPER GREENS  
2: GOLD RUSH  
3: FARMA-C  
4: SPICY LEMONAID  
5: CINNABEET (8oz)  
6: COCOA FLEX  
ANY TIME: PYRO SHOT

### ADVANCED

1: DAILY GREENS  
2: FARMA-C  
3: SUPER GREENS  
4: GOLD RUSH  
5: BLACK MAGIC  
6: COCOA FLEX  
ALL 16OZ

### SEASONAL

1: FARMA-C  
2: DAILY GREENS  
3: GOLD RUSH  
4: SUPER GREEN  
5: FIREBALL (8oz)  
6: MINT COCOA (8oz)  
ANY TIME: PYRO SHOT

QUESTIONS? EMAIL US AT [HELLO@JRINK.COM](mailto:HELLO@JRINK.COM)  
OR SCHEDULE A CONSULT WITH AN EDUCATOR AT [JRINK.COM](http://JRINK.COM)

