

Cleanse Instructions

www.RootsPressedJuices.com

888-666-0290

Level 1 - consume one juice every 2 to 3 hours in this order. If you recieved any water or shots with your cleanse - sip throughout the day, in the morning or before a workout.



Wake Up



Bee Well



Lean & Fit



Green Goddess



Liver Cleanse



Health Nut

Level 2 - consume one juice every 2 to 3 hours in this order. If you recieved any water or shots with your cleanse - sip throughout the day, in the morning or before a workout.



Long Life



Cold Kicker



Hydrate



Joint Juice



Greenology



Health Nut

Level 3 - consume one juice every 2 to 3 hours in this order. If you recieved any water or shots with your cleanse - sip throughout the day, in the morning or before a workout.



Fat Fighter



Skin Glow



Skinny Greens



Green Goddess + Lemon & Ginger



Go Green



Immune Booster