



Congratulations- You're on the way to a healthier you and we're glad to be part of the journey. Our Soupure products promote cell regeneration, weight loss, increased energy and flush inflammatory toxins out of your system. After The Cleanse you'll continue to see and feel the benefits of Soupure: better health, fat loss, increased energy, glowing skin and hair and so much more. Just keep incorporating Soupure into your lifestyle. It's easy with our "Soupure-ist" Plans.

Eating clean should be delicious and easy. That's Why We Created Soupure.

CLEANSE INSTRUCTIONS (Suggested Menu)

Designed to let your body reset with approximately 900 calories (1100 calories with our Active Cleanse) The menu below takes into account how your body digests each Soupure product for maximum benefit and calculates the right of amount of protein, fiber and natural, unprocessed sugar you'll need each day. Listen to your body. Hungry? Have a healthy snack. In fact, we follow doctors' recommendations to consume a minimum of 1200 calories a day for women/1500 calories for men. To reach that caloric minimum, feel free to add a healthy snack (at not more than 100-150 calories each) in between meals. Great snacks include: a teaspoon of unsalted nuts, cranberries and/or low sugar veggies: celery, radish, cucumber, edamame, mushrooms, cabbage and one-half an avocado to name a few. In the mood for more? You can also get to your caloric minimum by adding no more than once per day (at approximately 300-400 calories) a combo of lean proteins and steamed vegetables or legumes. You're never cheating when you're on a Soupure Cleanse because everything is good for you! .

REPEAT EACH DAY ON REGULAR CLEANSE

1. LEMON WATER STARTER- HYDRATE

Overnight our bodies get dehydrated so it's important to replenish them. Start your day with 6-12 ounces of your own room temperature water and add some fresh lemon juice (Not included in box).

2. BROTH - DIGESTIVE STARTER* (ONE HOUR LATER)

Choose from our vegetarian or bone broths. It's best to have broth on an empty stomach and not consume anything for an hour after. Enjoy these ancient remedies and let the healing begin.

3. SOU-THIE (SOUP SMOOTHIE* FOR MORNING ENERGY)

Choose from our delicious Strawberry/Cashew or Carrot/Ginger/Turmeric made with Fresh Orange Juice. Enjoy chilled from the bottle and feel the re-charge. Perfect for post workout too!

4. IT'S LUNCH (HEARTY OR LIGHTER SOUP) -

It's your choice. If you want a Hearty Soup for lunch choose a Lighter Soup for dinner or the other way around. Just listen to your body, you'll know what you need.

Lighter Soups: Kale Minestrone, Zucchini Basil, Carrot Ginger and Tomato Basil.

Heartier Soups- Split Pea, Japanese Sweet Potato and Mediterranean Lentil.

5. VEGETABLE BROTH OR LEMONGRASS CONSOMME (MID-AFTERNOON)

Enjoy these heated. They are meant to nourish your body, calm your mind and soothe your soul.

6. FINISH STRONG DINNER- (HEARTY OR LIGHTER SOUP)

You did it! Feel the energy as your body is nourished while you rest your digestive system.

If you chose a Hearty Soup for lunch you'll have a Lighter Soup for dinner or the other way around.

Lighter Soups: Kale Minestrone, Zucchini Basil, Carrot Ginger and Tomato Basil.

Heartier Soups: Split Pea, Japanese Sweet Potato and Mediterranean Lentil.

7. ALL DAY HYDRATION

We include 2 Alkaline Waters infused with organic ingredients designed to aid your digestion and detox your body. We also encourage you to drink as much "additional" water and herbal tea as you like throughout the day.

ACTIVE CLEANSE

Active people need more calories for energy so your **Active Cleanse** includes a second high energy cold **Sou-thie**, Strawberry/Cashew or Carrot /Ginger. Drink this whenever you want for instant energy and protein. Particularly effective post workout.

THE THREE DAY MINI CLEANSE

A mini-cleanse follows the instructions above and is designed for those who want a breakfast sou-thie, and soup as a meal for either lunch or dinner. You'll also receive an alkaline water and two of our healing broths. On this plan, you'll make your own Lunch or Dinner (*Eat Clean) and make sure to stay hydrated by drinking additional water and/or herbal tea. (This cleanse is approximately 650 calories per day not including your meal.)

OUR PRODUCTS MUST BE KEPT REFRIGERATED UNTIL CONSUMPTION. TO MAINTAIN FRESHNESS AND ALL THE NUTRIENTS, CONSUME WITHIN A FEW DAYS OF OPENING. CONSULT YOUR MEDICAL PRACTITIONER BEFORE UNDERTAKING ANY CLEANSE. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE OR CONDITION. IF YOU HAVE FOOD ALLERGIES, PLEASE REFER TO OUR FAQs TO LEARN HOW TO BUILD YOUR OWN CLEANSE OR CALL US AT 1 844 SOUPURE OR EMAIL US AT INFO@SOUPURE.COM [HTTP://WWW.SOUPURE.COM/GENERAL-FAQS.HTML](http://WWW.SOUPURE.COM/GENERAL-FAQS.HTML)

****OUR STRAWBERRY/CASHEW CONTAINS RAW NUTS. OUR MISO BONE BROTH CONTAINS FERMENTED GLUTEN FREE MISO (SOYBEAN). WE PROCESS OUR FOODS AT A FACILITY THAT IS GLUTEN AND DAIRY FREE.**