

# THE LEMONKIND EXPERIENCE

Reset & Restart

1 Day Cleanse



# RESET & ReStart

Enjoy what you love and love how you feel with LEMONKIND. Our complete programs are mindfully created to help elevate and support you with all-in-one weight loss supplements and cleanses. And we're all about flexibility! LEMONKIND works around your life instead of the other way around, and our pure clean nourishment is good to go whenever, wherever, and however you are.

Your goals are our goals. Whether you go big or start small; want a quick reset or longer-term weight-loss program; you'll find a LEMONKIND to love! Get ready for glow, lightness, and mental clarity—it's simple self-care you'll feel good about, inside and out.



Non-GMO



Vegan



Gluten Free



No Artificial  
Ingredients



Preservative  
Free



Allergen  
Free



# BENEFITS of Cleansing

Cleansing allows us to make mindful, conscious decisions towards our own health and wellness. The best time to cleanse is when you are feeling bloated, sluggish, unmotivated or unable to keep up with your diet. It can also be beneficial if you are looking for ways to supplement your healthy routine.

Cleansing requires will power, mental prep, determination and the ability to follow through but it is all worth it in the end. Upon completion, you should feel a sense of lightness, accompanied by glowing skin, better sleep and mental clarity!



Increased  
Energy



Improved  
Digestion



Improved  
Skin



Fat Burning



Detox



Antioxidants



Immune  
Support



Sport  
Health



Mental  
Boost



**Cleanse tip:** If you feel like working out, go for it! Just don't push yourself due to the reduced calorie intake throughout the day..

# CORE Cleanse



## Directions

- You can adjust start/end times, but it's important to follow the two hour interval.
- Shake well before drinking.
- The juice tastes better cold. You can freeze them if you are planning to take with you later. You can sip straight from the pouch or pour over ice.

## Daily Game Plan



7 a.m.  
**Vibrance**



9 a.m.  
**Awareness**



11 a.m.  
**Transformation**



1 p.m.  
**Strength**



3 p.m.  
**Vibrance**



5 p.m.  
**Awareness**



7 p.m.  
**Strength**



9 p.m.  
**Renewal**

**Cleanse tip:** If you get hungry, you may have a cup of fruit, veggies, raw nuts, or small salad with low calorie dressing.

# 10% OFF YOUR NEXT ORDER

Code: **CLEANSE10**

*Limit one per customer. Offer subject to change.*

## Feeling renewed?

We're happy that you're happy, that's our ultimate goal. If you are feeling satisfied and refreshed, here is how you can express your newfound joy:

- Share your experience by writing a review on our website or Amazon (depending where you purchased from)
- Connect with us on social media (Instagram & Facebook)
- Tell your friends and family by joining our TASTE LOVE CLUB rewards program (Give \$10, Get \$10 when they use your code!)

## Not transformed?

If there were any issues with your order upon delivery, just let us know. Our hardworking Customer Service team will try to find a solution for you.

## Contact us

Chat with us Monday-Friday, 9 a.m. - 5 p.m. EST

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954.678.1700

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