

1/2 DAY CLEANSE

Guide

SHOT

HANGOVER REMEDY

STIMULATES DIGESTION AND JUMPSTARTS METABOLISM
FIGHTS INFLAMMATION AND STRENGTHENS IMMUNITY

8:00AM-9:00AM

JUICE #1

DEEP CLEANSE

DETOXIFYING PROPERTIES

PROVIDES ESSENTIAL MINERALS FOR ENERGY AND MUSCLE RECOVERY

10:30AM-11:30AM

JUICE #2

KEEP IT JUICY

AIDS DIGESTION WITH NATURAL ENZYMES AND FIBER
SUPPORTS HYDRATION

1:00PM-2:00PM

JUICE #3

MAKE MY HEART BEET

BOOSTS STAMINA

SUPPORTS LIVER DETOX & HEART HEALTH

3:30PM-4:30PM

JUICE #4

DEEP CLEANSE

SUPPORTS DETOXIFICATION WITH CHLOROPHYLL FOUND IN KALE
BOOSTS METABOLISM

6:00PM-7:00PM

JUICE #5

KEEP IT JUICY

HYDRATES AND DETOXIFIES LIVER

PROVIDES ESSENTIAL MINERALS FOR ENERGY AND MUSCLE RECOVERY

8:00PM - 9:00PM

JUICE #6

MAKE MY HEART BEET

AIDS LIVER DETOXIFICATION BEFORE RESTING

NINE ROOTED

NEW YEAR RESET CLEANSE COLLECTION

Guide

FIRST THING	<u>SHOT</u> HANGOVER REMEDY START YOUR DAY STRONG. TAKE ON AN EMPTY STOMACH TO WAKE YOUR METABOLISM, CLEASNE YOUR GUT AND REHYDRATE YOUR SYSTEM.
8:00AM-9:00AM	<u>JUICE #1</u> GINGER JUICE YOUR FIRST FULL JUICE JUMPSTAIRS DIGESTION, CLEARS BRAIN FROG, & ENERGIZES YOU NATURALLY
10:30AM-11:30AM	<u>JUICE #2</u> DEEP CLEANSE PACKED WITH GREENS TO FLUSH TOXINS AND FLOOD YOUR BODY WITH. MINERALS AND HYDRATION.
1:00PM-2:00PM	<u>JUICE #3</u> WATCH ME GLOW SKIN BRIGHTENING, MOOD LIFTING MIDDAY BOOST. FULL OF VITAMIN C AND ANTIOXIDANTS FOR THE INNER GLOW.
3:30PM-4:30PM	<u>JUICE #4</u> MORNING FUEL SWEET AND GROUNDING, SUPPORTS EYE HEALTH, BOOSTS SKIN RADIANCE, AND KEEPS YOU SATSIFIED BETWEEN JUICES
6:00PM-7:00PM	<u>JUICE #5</u> IMMUNE BOOST YOUR ANTI INFLAMMATORY FINISHER. CALMS YOUR SYSTEM, REDUCES BLOAT AND SUPPORTS OVERNIGHT RECOVERY.
8:00PM - 9:00PM	<u>JUICE #6</u> GINGER JUICE END YOUR DAY LIGHT AND REFRESHED, HELPS WITH DIGESTION AND OVERNIKGHT DETOX.

NINE ROOTED

3 DAY CLEANSE

Guide

SHOT

HANGOVER REMEDY

STIMULATES DIGESTION AND JUMPSTARTS METABOLISM
FIGHTS INFLAMMATION AND STRENGTHENS IMMUNITY

8:00AM-9:00AM

JUICE #1

DEEP CLEANSE
HYDRATES AND DETOXIFIES LIVER
HELPS DIGESTION & INFLAMMATION

10:30AM-11:30AM

JUICE #2

MORNING FUEL
NATURAL ENERGY BOOST
SUPPORTS HEALTHY SKIN

1:00PM-2:00PM

JUICE #3

MAKE MY HEART BEET
BOOSTS STAMINA
SUPPORTS LIVER DETOX & HEART HEALTH

3:30PM-4:30PM

JUICE #4

WATCH ME GLOW
HIGH IN VITAMIN C FOR IMMUNITY & SKIN HEALTH
BOOSTS METABOLISM

6:00PM-7:00PM

JUICE #5

KEEP IT JUICY
HYDRATES AND DETOXIFIES LIVER
PROVIDES ESSENTIAL MINERALS FOR ENERGY AND MUSCLE RECOVERY

8:00PM - 9:00PM

JUICE #6

DEEP CLEANSE
SUPPORTS DIGESTION
RICH IN VITAMIN C & A

1-3 DAY CLEANSE

tips

STAY HYDRATED

Aim for at least 8-10 cups of water to stay hydrated and flush out toxins.

PACE JUICES

Space out your juices every 2-3 hours to give your body time to digest and absorb the nutrients.

LISTEN TO YOUR BODY

While on a cleanse, you may experience hunger or cravings. This is normal! If you feel very hungry, choose a light snack like raw veggies, small portion of fresh fruit or avocado. Avoid strenuous workout and focus on a light walk, yoga, or resting. We

TAKE YOUR SHOTS AT THE RIGHT TIME

Your wellness shots are designed to give you a boost at strategic times.

Morning: Start with a shot on an empty stomach to kickstart digestion and energize your body.

End of day: End your cleanse with lots of water and good sleep!