

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

SHOT

HANGOVER REMEDY

COMPLETE THE DETOX PROCESS

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 a shot to support digestion and detox with gingers soothing properties to help your stomach settle. (1 day cleanses)

EASE INTO SOLID FOODS AFTER

Drink your last wellness shot before breakfast the following morning, after your last cleanse day. This shot helps support digestion and reduce inflammation as your body transitions back to solid whole foods.