

OUR ANSWERS TO COMMON MYTHS

“There is a lack of fiber, protein and omega fatty acids in a juice cleanse.”

Answer: Our personalized organic juice cleanse includes protein, fiber and omega fatty acids to ensure the body is not lacking any vital nutrients.

“Juice cleanses contain too much glucose (sugar).”

Answer: Our organic juices are made of 20% fruit juices and 80% vegetable juices, as well as other nutritious additions, so they are not packed with sugar.

“There are pesticides in vegetable and fruit juices.”

Answer: All of our vegetables and fruits are organic, which means they are not exposed to pesticides. Everything in our juice cleanse program is pesticide free.

CANDIDATES FOR OUR JUICE PROGRAM

Anyone who is looking for a healthier lifestyle is a perfect fit for our juice program. Whether you are looking to make a small change such as improving your complexion or energy level to a larger change, such as achieving a healthier lifestyle - our juices are a fit for every need.

If you have any of the following, this program is probably not for you:

- + Diabetes
- + A weakened immune system
- + Low Blood Pressure
- + Kidney complications
- + If you are pregnant, planning to get pregnant, or nursing.
- + If you are on any medications, please ask your doctor before starting the juice cleanse program.



JUICE
KITCHEN

JUICE
CLEANSE
PROGRAM

Hours

Mon - Thurs: 9am - 7pm

Fri - Sat: 9am - 6pm

Sun: 9am - 4pm

954-509-2024

4352 North State Road 7

Coral Springs, FL 33067

www.juicekitchencompany.com

WHAT IS A JUICE CLEANSE?

A juice cleanse is a type of fast where a person limits their diet to raw fruit and vegetable juices. The digestive system is a very intricate process; therefore it takes a lot of energy and resources for the body to break down solid foods. During a juice cleanse, the body doesn't have to use energy to break down solid foods, thus that energy can be used elsewhere such as detoxification and the replenishment of vital nutrients in the body.

Our 100% organic cold pressed juices are packed with vitamins, minerals, antioxidants, phytochemicals and enzymes. This cleanse provides all the necessary nutrients needed to sustain the normal functionality of the body in a safe and healthy approach.

TYPES OF CLEANSES

2 Day Cleanse	130	(16 juices, 4 shots)
3 Day Cleanse	195	(24 juices, 6 shots)
5 Day Cleanse	325	(40 juices, 10 shots)
7 Day Cleanse	450	(56 juices, 14 shots)

CLEANSING INSTRUCTIONS

Three days before your juice program, it is very important to cut down on meats, poultry, sugary foods, soda, caffeine, and alcohol. Also, it is recommended to prepare your body for the cleanse by eating as many fruits and vegetables as possible. By doing this, you are ensuring that your body is prepared to maximize its experience throughout the cleanse.

First you need to pick a day that works best for you. We suggest beginning on a day that you will have time to relax and focus on the cleanse.

During the cleanse, you will be given 8 specific bottles of our organic cold-pressed juices. You will also receive 2 additional shots based on your individual program. Each bottle is labeled in order as you will be given step-by-step instructions. Throughout the cleanse, you are encouraged to avoid heavy exercising, go to bed early and drink at least 8 glasses of water per day. Please avoid all solid foods during the cleanse.

After the cleanse, continue to eat more fruits and vegetables; avoid eating red meat or poultry for at least 2 days to maximize cleansing results.

The organic juices and shots include:

Day 2, 3, 5 & 7 Cleanses

JUICES

Green Rage • Sweet Cayenne • Beet Bomb

Date Me • Zesty Green

Incredible Hulk • Ginger Snap

Mother Green

We will select shot combination based on your needs

*Customized cleansing bottles can be discussed at the store.

Warnings — Please note that this juice cleanse is not fit for everyone as every individual is different. Less common side effects include headaches, weight loss, diarrhea, fainting or low blood pressure. If these symptoms gradually persist and seem to get worse, please discontinue the cleanse. Please note that if you have food allergies, our products include almonds, cashews and walnuts.