

**JUICENSE**



## DETOX PROGRAMS



Detox With Food  
Not Just Juice

3 Different Options  
Each with Amazing Results

*it's science, baby!*



A green apple is centered on a white background. Surrounding it are several slices of apples, some showing the seeds, and small clusters of yellow flowers. Thin green stems are also scattered around the apple.

## JUICENSE

We make a healthier lifestyle  
easier for you



Juicense's philosophy is based on Bio-Individuality, which means that everyone has unique needs and there is no one-size-fits-all diet or lifestyle. Our detox programs include a delicious menu of plant based, fresh, nutrient-dense whole foods, soups, salads, healthy entrees, nutmilks, wellness shots and cold-pressed juices. They were created to be healing and to help your body nourish itself and reset, gearing you into a healthier lifestyle.

Feel good on the inside  
Radiate good on the outside

*it's science, baby!*



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## WHAT IS A DETOX PROGRAM?

Detoxification is about cleansing and nourishing  
the body from the inside out



Modern life has increased the load of toxins in our bodies, which our sensitive organs and immune systems were not designed to withstand. Therefore, it is crucial to sporadically cleanse, support and revitalize your body in order to unleash its natural healing power.

Our detox programs include juice cleanses. A juice cleanse is the effective detoxification or removal of waste in the body that has been accumulated over the years due to improper diet, chemicals and pollutants. Our specially designed cold-pressed juices and whole foods flood your system with powerful nutrients and antioxidants.

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## PRIOR TO YOUR DETOX YOU CAN DO THIS



### How to prepare for a detox

Upholding a healthy, light diet 3 days before your juice cleanse will ease the hunger cravings during the juice cleansing. Eat only organic fresh fruits, vegetables, whole grains and lean protein and drink 8 glasses of water a day. Avoid alcohol, caffeine, sugar, processed foods, dairy, red meat and gluten.

*Try our amazing salads, acai bowls  
and entrees created specifically to help you  
jumpstart your cleanse!*

Juicense detox programs are available in 1, 3 or 5 day options. Simply choose the number of days and the detox program that best suits your needs.



## JUICENSE DETOX PROGRAMS



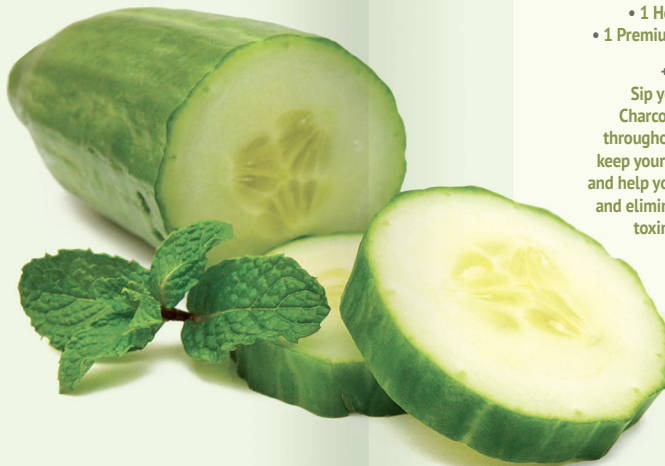
3 Different Options  
Each with Amazing Results



## Benefits



The goal of a juice cleanse, along with a cleansing diet, is to boost your immune system, flush out the toxins, hydrate your cells, nourish your body, and alkalize your system by balancing its acidity, leaving you feeling better than ever.



## LIFESTYLE DETOX

Ideal for First Timers

1200-1400 CALS

This program is designed to enhance the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and daily activities. You will feel renewed and ready to commit to a healthier lifestyle.

### THIS PROGRAM CONSISTS OF:

- 1 Shot
- 3 Cold-Pressed Juices
- 1 Nutmilk
- 1 Salad
- 1 Healthy Entrée
- 1 Premium Lemonade

### + BLACK MAGIC

Sip your Activated Charcoal Lemonade throughout the day to keep yourself hydrated and help your body bind and eliminate all those toxins within you.

### SAMPLE DAY

AS SOON AS YOU WAKE UP: **De-bloat shot**

BREAKFAST: **Nutmilk** (Get Sexy- Stay Strong)

MID-MORNING: **Green Juice** (Clean me Up I - Clean me Up II - Clean me Up III - BFF - Slim me Down)

LUNCH: **Green Juice + Healthy Entrée** (Power Mediterranean Quinoa - Power Curry Quinoa)

MID-AFTERNOON: **Root Juice** (Keep me Awake - Beet it Up)

DINNER: **Detox Salad**





## LEAN DETOX

For the Advanced Juicer

1000-1200 CALS

This program is designed to aid in your weight loss and deepen your detox process. Feel light without sacrificing important nutrients.

### THIS PROGRAM CONSISTS OF:

- 1 Shot
- 4 Cold-Pressed Juices
- 1 Nutmilk
- 1 Salad
- 1 Premium Lemonade

#### + BLACK MAGIC

Sip your Activated Charcoal Lemonade throughout the day to keep yourself hydrated and help your body bind and eliminate all those toxins within you.

### SAMPLE DAY

AS SOON AS YOU WAKE UP: **De-bloat shot**

BREAKFAST: **Root Juice** (Keep me Awake - Beet it Up)

MID-MORNING: **Green Juice** (Clean me Up I - Clean me Up II - Clean me Up III - BFF - Slim me Down)

LUNCH: **Green Juice + Detox Salad**

MID-AFTERNOON: **Green Juice** (Clean me Up I - Clean me Up II - Clean me Up III - BFF - Slim me Down)

DINNER: **Nutmilk** (Get Sexy- Stay Strong -

Matcha Latte)



## ATHLETE DETOX

For Active People

1600-1900 CALS

This clear program is designed to reduce inflammation and give your digestive system a break from the toxins. It will leave you energized and ready to get back on track with your fitness goals.

### THIS PROGRAM CONSISTS OF:

- 1 Shot
- 2 Cold-Pressed Juices
- 2 Nutmilks or 1 Nutmilk and 1 Chia Pudding
- 1 Salad
- 1 Healthy Entrée
- 1 Premium Lemonade

#### + BLACK MAGIC

Sip your Activated Charcoal Lemonade throughout the day to keep yourself hydrated and help your body bind and eliminate all those toxins within you.

### SAMPLE DAY

AS SOON AS YOU WAKE UP: **De-bloat shot**

PRE-POST WORK OUT SNACK: **Nutmilk**

BREAKFAST: **Chia Pudding, Raw Oatmeal or Nutmilk** (Make me Happy - Get Sexy- Stay Strong)


MID-MORNING: **Green Juice** (Clean me Up I - Clean me Up II - Clean me Up III - BFF - Slim me Down)

LUNCH: **Healthy Entrée** (Power Mediterranean Quinoa - Power Curry Quinoa)

MID-AFTERNOON: **Root Juice** (Keep me Awake - Beet it Up)

DINNER: **Detox Salad**





Use your juice cleanse experience to create new, healthy eating habits that will get you on the right path toward healthy living and personal bliss!

## AFTER YOUR DETOX YOU DID IT!

Return gradually to eating solid foods after your juice cleanse. During the three days after completing your juice cleanse, follow a diet similar to the pre-cleanse diet.

*Enjoy our delicious salads, entrees, smoothies, acai bowls, yogurt parfait, and much more!*

- You can eat organic fruits and green vegetables the first day after your juice cleanse
- On the second day, add brown rice, eggs and yogurt
- Add chicken, fish or meat to your diet 5 to 6 days after the cleansing

Don't jump into any strenuous or exhausting activity right after your juice cleanse. Continue to take time to relax and integrate your juice cleanse experience back into your life.



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## HOW TO ORDER

In order to provide you with the highest quality and freshness, all orders must be placed 24 hours in advance. All orders are final. Orders will be available for pick up at two day intervals. The two and three day programs may require two pick-ups and the five day program may require three to four pick-ups. Programs are non-refundable after the first pick-up. There is a \$20 restocking fee for orders canceled or revised within 24 hours of the next pick-up date.

For more information on our products,  
programs and prices, visit us at:

[www.juicense.com](http://www.juicense.com)

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The information presented here has not been evaluated by the Food and Drug Administration. It is for educational purposes only and is in no way intended as substitute for medical counseling. Due to seasonal conditions and availability, items and prices for each program are subject to change without notice. Additional conditions may apply.

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