

# Let's talk cleanse

When your phone or computer is playing up you reset it, or install an update. When the battery is low, you recharge it. Our bodies are much the same, they need regular recharging and the occasional reset helps them function at their best. A juice cleanse is basically a software update for your body, leaving you feeling supercharged and ready to take on the world.

A juice cleanse is a period of 1 - 5 days in which you only consume juices and water. It is a highly effective way of cleaning out your body and resetting your system. Juicebrothers cleanses use exclusively 100% certified organic ingredients and all of our organic shots and juices are cold pressed in our own facilities. Each cleanse is packed with a wide variety of juices, tonics, plant based mylks and shots, so your tastebuds will never get bored!

We have a range of cleanse programs to choose from, each cleanse menu is specifically designed to give you all of the nutrients your body needs throughout your cleanse.

## Deep

FOR BEGINNERS



1. Ginger Shot
2. Master Cleanse
3. Skin Sister
4. Easy Going
5. Dragons Breath
6. Force of Nature
7. Vanilla Sky

*\* Recommended drinking order*

## Deeper

THE MOST POPULAR



1. Ginger Shot
2. Master Cleanse
3. Easy Going
4. Dragons Breath
5. Force of Nature
6. Celery Juice
7. Vanilla Sky

*\* Recommended drinking order*

## Deepest

FOR THE EXPERIENCED



1. Ginger Shot
2. Master Cleanse
3. Force of Nature
4. Force of Nature
5. Mean Green
6. Celery Juice
7. Vanilla Sky

*\* Recommended drinking order*



**1 Shot**  
**6 Juices**  
€45,-



**3 Shots**  
**18 Juices**  
€125,-



**5 Shots**  
**30 Juices**  
€200,-

# The juicy details

Juicebrothers are passionate believers in the magic of 100% organic cold pressed juice, and we want to share that magic with you. Juicebrothers only uses the highest quality, certified organic ingredients in combination with the cold pressed juice method to maintain maximum nutrition and flavor in all of our juices. One cleanse day menu contains more than 4kg of organic fruits and vegetables cold pressed into delicious juices, tonics, mylks and shots.

## How to cleanse

The best way to cleanse, especially if you're a first timer, is to ease into it by preparing your body a couple of days before you start your juice cleanse.

### 1-3 days before your cleanse

- \* Eliminate as much processed foods and other toxins from your diet and drink plenty of water.
- \* Eat plenty of FRESH fruits and vegetables.

## Get the most out of your cleanse

- \* Avoid alcohol and carbonated beverages.
- \* Avoid toxins like caffeine and cigarettes.
- \* Treat yourself to a massage during your cleanse, it helps to stimulate your body and eliminate toxins.
- \* Exfoliate! The skin is your body's largest organ, give it some extra attention during your cleanse.
- \* Avoid heavy workouts, stick to gentler options like yoga, meditations and stretching.
- \* R&R! Rest and relaxation. Give your body time to recharge.

## Ordering your cleanse

There are 3 ways you can order your cleanse:

1. In person at any Juicebrothers store
2. Online → [www.juicebro.com](http://www.juicebro.com)
3. Via email → [cleanse@juicebro.com](mailto:cleanse@juicebro.com)

Our bodies are exposed to harmful toxins from processed foods, pollutants and stress every day. A juice cleanse encourages your body to get rid of the toxins that have built up in your body over time. Each juice in the Juicebrothers cleanse program is carefully selected to give your body the support it needs while you take a break from your regular eating habits. A cleanse is what you make of it: the closer you stick to the program, the better the results will be. A little bit of dedication gets big results.

## Ready. Set. Cleanse

Here are a couple of tips that will help make your cleanse both easier and more effective.

- \* At the beginning of each cleanse day give your digestive system a gentle wake up call by drinking a glass of room temperature water with fresh lemon.
- \* Wait 30 minutes, then drink your daily shot.
- \* It's important to drink the juices in the recommended order.
- \* Pro tip: If you find you're lacking in energy drink your mylk (or half of it) earlier in the day.
- \* Drink your juices two hours apart.
- \* Drink plenty of water and herbal teas throughout the day.
- \* We recommend drinking your last juice at least two hours before going to bed.

## How to finish your cleanse

This might surprise you, but how you finish your cleanse is one of the most important parts of the entire process.

- \* On the first day after your cleanse stick to fresh fruits and raw vegetables.
- \* We recommend a plant based diet for the first 5-7 days after your cleanse.
- \* Keep up the juice! A juice a day is a great way to maximise results and give your body consistency.



Certified organic



Plant based



Gluten free



Dairy free



No refined sugar



Non-GMO