



WHAT ARE THE HEALTH BENEFITS OF ALL NATURAL JUICING?

GENERAL BENEFITS

Boost your mood & health



INCREASED MENTAL CLARITY

Cold pressed juices are rich in antioxidants, vitamins, and minerals, helping keep your mind (and body!) in top-performing shape.



REGULATE WEIGHT LOSS

The vitamins and nutrients your body absorbs during a cleanse can help promote healthy and sustained weight loss.



LOSS OF CRAVINGS

A juice cleanse can help you reconnect with your body's true signals of hunger, so you experience fewer unhealthy food cravings.



REDUCED BLOATING

Cold pressed juices are packed with digestive enzymes that work to reduce your stomach's inflammation.



IMPROVED SLEEP

Cleansing helps to rid your body of toxins that disrupt natural sleep patterns and improves your overall sleep quality.



INCREASED ENERGY

You'll experience your energy levels increase as you fill your body with nutritious, plant-powered fuel and cut out food that would usually leave you feeling bloated and sluggish.

**General Benefits are typical of past juice cleanse customers.*

YOUR PERSONAL CLEANSING GUIDE:

Keep these 4 lifestyle areas in mind when preparing for your cleanse.



1. Stay conscious of what you eat both during and after your cleanse to give your digestive system a real break.
2. Get enough high-quality sleep to give your body and mind the rest needed to power through the cleanse.
3. Ease up on certain activities and increase others to stay fit and calm without the risk of over-exerting yourself.
4. Surround yourself with a clean, organized, and comforting space to achieve stronger relaxation and focus.

Have Questions? Contact us at support@pulpandpress.com

FOR DURING & AFTER THE CLEANSE



During the cleanse



**COLD PRESSED
JUICE**



WATER



**HERBAL
TEA**

After the cleanse



SLEEP



**HEALTHY
DIET**



WATER

Craving another detox?

We have several other cleanses to choose from! Visit our website and learn about which plan is right for you.

PULPANDPRESS.COM/US/OUR-CLEANSSES



The optimal time between juices is 2-2.5 hours.

The Green Cleanse



DAILY JUICE LIST

Drink the following juices throughout the day in this specific order. For 3 Day, and 5 Day Cleanses—simply follow the same guide for the days listed.

3 DAY CLEANSE

Day 1

1. Diablo
2. Envy
3. Hulk 2.0
4. Citrus Celery
5. Kaleifornia
6. Surge
7. Turbo

Day 2

1. Eclipse*
2. Hulk 2.0
3. Citrus Celery
4. Surge
5. Monsoon
6. Envy
7. Hulk 2.0

Day 3

1. Citrus Celery
2. Kaleifornia
3. Hulk 2.0
4. Envy
5. Dragonfly
6. Diablo
7. Green Glow

5 DAY CLEANSE

Day 4

1. Eclipse*
2. Diablo
3. Citrus Celery
4. Surge
5. Bliss
6. Turbo
7. Diablo

Day 5

1. Hulk 2.0
2. Envy
3. Bliss
4. Green Glow
5. Citrus Celery
6. Kaleifornia
7. Surge

7 DAY CLEANSE

Day 6

1. Diablo
2. Citrus Celery
3. Monsoon
4. Turbo
5. Surge
6. Dragonfly
7. Envy

Day 7

1. Eclipse*
2. Diablo
3. Hulk 2.0
4. Citrus Celery
5. Kaleifornia
6. Surge
7. Hulk 2.0

*Do not drink Eclipse 2 hours before or after taking medication.



All juices must be kept refrigerated before and after opening.

If you start your morning at 7:00am, we recommend drinking Juice 1 at 7:30am and continue through out the day every 2 - 2.5hrs.