



# 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](mailto: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](http://PULPANDPRESS.COM/US/OUR-CLEANSSES)



The optimal time between  
juices is 2-2.5 hours.

# The Complete 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. Hulk
2. Spicy Lemon
3. Quench
4. Rinse & Rebeet
5. Kaleifornia
6. Beta Blaster
7. Surge

#### Day 2

1. Turbo
2. Red Monster
3. Very Berry
4. Green Glow
5. Monsoon
6. Lemon Sherbet
7. Turbo

#### Day 3

1. Hulk 2.0
2. Beta Blaster
3. Zinger
4. Eclipse\*
5. Bliss
6. Rinse & Rebeet
7. Diablo

### 5 DAY CLEANSE

#### Day 4

1. Surge
2. Spicy Lemon
3. Very Berry
4. Red Monster
5. Dragonfly
6. Turbo
7. Green Glow

#### Day 5

1. Hulk
2. Spicy Lemon
3. Quench
4. Rinse & Rebeet
5. Kaleifornia
6. Beta Blaster
7. Surge

### 7 DAY CLEANSE

#### Day 6

1. Hulk
2. Red Monster
3. Very Berry
4. Green Glow
5. Monsoon
6. Lemon Sherbet
7. Turbo

#### Day 7

1. Hulk 2.0
2. Beta Blaster
3. Zinger
4. Eclipse\*
5. Bliss
6. Rinse & Rebeet
7. Diablo

\*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.