

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/OUR-CLEANSSES



Recovery Kit

WELLNESS SHOTS (ELIXIRS)

These fast-acting shots are just what you need to help give your immune system a boost. Jam packed full of potent superfoods like Ginger, Turmeric, Elderberry, and Wheatgrass, these elixirs are great at reinforcing your germ-fighting abilities leading up to a big event.

BEET & GRAPEFRUIT JUICES

Try drinking the Red Monster and Rinse & Rebeets leading up to your weekend. These juices are rich in beetroot juice and grapefruit which contain antioxidants, vitamin A, vitamin B-6, and iron. These compounds help protect the liver from inflammation and oxidative stress while enhancing its ability to remove toxins from the body.

ACTIVATED CHARCOAL

For those mornings when you're in recovery mode, we recommend trying the Eclipse which contains activated charcoal, which binds to toxins, helping to cleanse your system.

KICKSTART

Finally, when you're ready to reboot your system and get back on track after an indulgent weekend, we've got you covered with our Kickstart Cleanse. This 2-day cleanse will help you kickstart a healthier lifestyle while fueling your body with nutrients - featuring a variety of juices and two flavours of elixirs.

Day 1

1. 2 Wellness Shots

Day 2 - Day 4

1. 2 Wellness Shots
2. 1 Red Monster or Rinse & Rebeet

Day of Indulgence

1. 2 Wellness Shots
2. 1 Red Monster or Rinse & Rebeet
3. 1 Eclipse

Day of Recovery

1. 2 Wellness Shots
2. 1 Eclipse

Kickstart - Day 1

1. Spicy Lemon
2. Hulk
3. Rinse & Rebeet
4. Ginger Shot
5. Turbo
6. Red Monster
7. Envy

Kickstart - Day 2

1. Turbo
2. Rinse & Rebeet
3. Envy
4. Elderberry Shot
5. Red Monster
6. Spicy Lemon
7. Hulk

The optimal time between juices is 2-2.5 hours.

❄️ All juices must be kept refrigerated before and after opening.