

JUICE CLEANSE PREPARATION

Package includes (5) - 16 oz Drinks & 1 Wellness Shot

- 2-3 Days leading into the planned short-term cleanse, cut out all dairy and meat
- Eat only salad, fruits, legumes and vegetables
- Drink up to, but never exceeding a gallon of natural spring water

CLEANSE SCHEDULE

MORNING

7 AM WELLNESS SHOT OF CHOICE
(we suggest the Gold Armour)

8 AM GREEN JUICE

MID-DAY / AFTERNOON

12 PM RED JUICE

2 PM GREEN JUICE

4 PM RED JUICE

EVENING

8 PM PRINCE MARIII



Drink at least 10oz. of water with every drink

HEALTH INFORMATION

GOLD ARMOUR

INGREDIENTS: Turmeric, Ginger, Lemon, Echinacea, Cayenne Pepper

GREEN JUICE

INGREDIENTS: Kale, Spinach, Green Apple, Cucumber, Celery, Ginger & Lemon

BENEFITS: Source of fiber, vitamin A and C, contains antioxidants & improves digestion.

RED JUICE

INGREDIENTS: Carrot, Ginger, Beet, Lemon & Red Grapes

BENEFITS: Source of magnesium, vitamin K1, contains antioxidants.

PRINCE MARIII

INGREDIENTS: Almond Milk, Banana, Vanilla Protein, Peanut Butter, Irish Sea Moss, Blueberries, Honey

BENEFITS: Contain vitamin B6, omega 6, antioxidants, rich in fiber, source of manganese

PURPOSE

THE PURPOSE OF A CLEANSE IS TO:

- Clear the toxins in our body
- Increase energy
- Encourage weight loss
- Gain clarity
- Focus mind and body



DISCLAIMER

These statements and the products of this company are not intended to diagnose, treat, cure or prevent any disease.

If you have allergies or any other medical conditions, consult with a physician first.

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