

# pressed™

## Inside the Kit



### 6x Greens with Ginger

Our most popular greens juice with all the goodness of greens, apple and light touch of ginger.

### 3x Roots with Ginger

Sweet, spicy and full of vitamins, this zesty blend includes apple, lemon, ginger, and beet.

### 3x Orange Turmeric

This elevated citrus infusion combines orange, apple, aloe vera, turmeric, lemon, and spicy black pepper.

### 3x Sweet Citrus

A delicious, refreshing blend of cooling mint, lemon and ripe golden pineapple.

### 3x Avocado Greens

A creamy blend of spinach, kale, spirulina, banana, avocado, and matcha.

### 3x Wellness Shots

This concentrated shot packs a punch thanks to a potent blend of ginger, lemon and spicy cayenne.

### 3x Vitality Shots

This shot reinvigorates your system with turmeric, spicy black pepper, zesty lemon and mild coconut water.

### How to Cleanse

When you first wake up, drink your first beverage, and drink every subsequent beverage every two hours after. Beverages are listed in the order you should consume. Add one Wellness shot and one Vitality shot at any point of the day to boost your cleanse.

## The Game Plan



6 Juices and 2 Shots each day for 3 days.  
Just follow the list below.

Greens with Ginger Juice

Orange Turmeric Juice

Wellness Shot

Roots with Ginger Juice

Greens with Ginger Juice

Sweet Citrus Juice

Vitality Shot

Avocado Greens Juice



## The Benefits



### The Benefits of Cleansing



#### A Digestive Break

Replenishing your body with just vitamin-rich beverages can help you streamline your routine and take note of your digestive patterns



#### A Nutrient Flood

Rich in antioxidants and 100% plant-based, our cleanses are designed to deliver key nutrients for feeling your best



#### Hit Refresh

Our cleanses work to nourish with health-supporting nutrients and rejuvenate your body by eliminating toxins

### Stay Hydrated



Be prepared for changes in your digestion and even sleep rhythms as your body adjusts to the cleanse, and make sure you stay hydrated with water throughout, as you might find shifting energy levels and mood in your first juice cleanse.

## 3-Day Cleanse Guide

24 Bottles — 18 Juices (12 oz), 6 Shots (2 oz)