



# Juice. Cleanse. Energize.

Choose a plan that's best for you



**Quickie**  
\$30.00



**Determined**  
\$80.00



**Focused**  
\$120.00

## How it works

Step 1 : Place your order in-store or over the phone

Step 2 : Pick up your freshly pressed juice and detoxifying salad

Step 3 : Drink, cleanse and enjoy!

Contact your local store for pick-up times. Orders must be picked up in consecutive days from day of first pick-up. It is strongly advised that you consult your physician before participating in a juice cleanse.



## What will my day look like?

Start each morning of the cleanse with a glass of warm lemon water. Drink juices every 2.5-3 hours apart and end your day with a detoxifying salad.

1

### Green Energy

apple, cucumber, kale, lemon, carrot, romaine, spinach

2

### Carrot Zinger

carrot, apple, ginger

3

### Mighty Detox

pineapple, cucumber, celery, apple, ginger

4

### Red Power

beet, carrot, lemon, ginger

5

### Metaboost Salad

field greens, spinach, kale, carrots, mango, edamame, almonds, goat cheese, balsamic vinaigrette

Drink 8-10 glasses of water throughout the day in addition to the Freshii juices.

## Juice Cleanse FAQs

**Can anyone participate in a juice cleanse?**

If you suffer from a medical condition or are on prescription medication, it is strongly advised that you consult your doctor before participating in a cleanse. A juice cleanse is not recommended for those pregnant, breastfeeding or under 18 years of age. Children can consume Freshii juices in addition to a healthy diet.

**How should I prepare for my juice cleanse?**

In the days preceding your cleanse, limit your intake of alcohol, caffeine, processed foods and refined sugars. Increase the amount of fresh fruits and vegetables in your diet to help jump-start the cleansing process.

**Why do I drink the juices in the specified order?**

The order in which you consume your juices will directly affect how you absorb and digest nutrients. For example, it is best to drink Green Energy first thing in the morning when your stomach is empty, as it is more likely that your body will absorb all of the nutrients.

**What if I am hungry during my cleanse?**

If you feel hungry during your cleanse, increase the amount of water you are drinking throughout the day. Herbal teas are also allowed. If you must eat something, reach for raw or lightly cooked fruits and vegetables. Listen to your body and do what feels right for you.

**Will a juice cleanse help me lose weight?**

Everyone will respond differently during the cleansing process. The Freshii Juice Cleanse does not guarantee any specific results and benefits may vary.

**Can I exercise during a juice cleanse?**

Strenuous exercise should be avoided due to reduced caloric intake, but moderate exercise is beneficial and highly recommended. Try light yoga, walking or stretching.

**Will I experience any side effects while cleansing?**

You may experience detoxification symptoms including nausea, dizziness and/or headaches. The best way to reduce these symptoms is to prepare for your juice cleanse appropriately and stay well-hydrated.

**How long will my juices last?**

Consume juices within 24 hours from the time of pick-up. If you pick up your cleanse in the morning, consume your juices and metaboost salad that day. If you pick up your cleanse in the evening, consume your juices and metaboost salad the following day. Keep juices chilling in the fridge.

**How often should I cleanse?**

There is no set rule for how often you should cleanse. If you want to experience all the benefits of juicing, try juicing for 24 hours once a week and maintain a healthy diet.

For more information contact: [juice@freshii.com](mailto:juice@freshii.com)