



# The Juicebrothers detox journey

Our bodies are constantly exposed to harmful toxins from processed foods, pollutants, and everyday stress. A juice cleanse is a powerful way to help your body eliminate these toxins and reset your system.

A juice cleanse is a period of 1 - 7 days in which you only consume juices and water. It is a highly effective way of cleaning out your body and resetting your system. See it as a vacation for your body, a few days of rest for your digestive system will do wonders for your body.

Juicebrothers cleanses use exclusively 100% certified organic ingredients and all of our organic shots and juices are cold pressed in our own facility. Each cleanse is packed with a wide variety of juices, tonics, plant based mylks and shots, so your tastebuds will never get bored!

**WHY organic? Because leaving out the bad stuff makes more room for the good stuff. Because chemicals are bad for you. Because organic produce is more nutritious. Organic food really is better for you. And it tastes better too.**

## Deep

For beginners



1. Ginger Shot
2. Master Cleanse
3. Skin Sister
4. Easy Going
5. Dragons Breath
6. Force of Nature
7. Vanilla Sky

## Deeper

The most popular



1. Ginger Shot
2. Master Cleanse
3. Easy Going
4. Dragons Breath
5. Force of Nature
6. Celery Juice
7. Vanilla Sky

## Deepest

For the experienced



1. Ginger Shot
2. Master Cleanse
3. Force of Nature
4. Force of Nature
5. Mean Green
6. Celery Juice
7. Vanilla Sky

\* Drink your juices in this order.

CLEANSE DAYS  
**1** 1 Shot  
6 Juices  
€ 50,00

CLEANSE DAYS  
**3** 3 Shots  
18 Juices  
€ 135,00

CLEANSE DAYS  
**5** 5 Shots  
30 Juices  
€ 210,00

CLEANSE DAYS  
**7** 7 Shots  
42 Juices  
€ 280,00



## Prepare to cleanse

- The best way to cleanse is to ease into it by preparing your body 1-3 days before you start your juice cleanse.
- Eliminate processed food and drinks as much as possible.
- Drink plenty of water.
- Eat lots of FRESH fruits and vegetables.

## Get the most out of your cleanse

- Avoid alcohol and carbonated beverages.
- Avoid toxins like caffeine and cigarettes.
- Treat yourself with a massage; it helps stimulate your body to eliminate toxins.
- Exfoliate! The skin is your largest organ, give it some extra attention during your cleanse.
- Avoid heavy workouts, try yoga, meditations and stretching instead.
- R&R! Rest and relaxation. Give your body time to recharge.

## Ready – Set – Cleanse

- Begin each cleanse day by waking up your digestive system with a glass of room temperature water with fresh lemon.
- Wait for 30 minutes, then drink your daily shot.
- We recommend an order for drinking the juices but if you want to mix it up, you can as long as you drink a juice every 2 hours.
- Pro tip: If you find you're lacking in energy, drink your mylk (or half of it) earlier in the day.
- Drink plenty of water and herbal teas throughout the day.
- We recommend drinking your last juice at least two hours before going to bed.

## Ask us anything!

We have a dedicated cleanse coach for you. There is no such things as a bad question. We are here for you!

- Online via [www.juicebro.com](http://www.juicebro.com).
- By Whatsapp +31 6 49 13 92 83.
- In person at any Juicebrothers store.

## We shock freeze for a reason!

- We shock freeze our juices straight after pressing, ensuring the juice preserves both nutrition and flavours.
- Store them in your freezer for up to 6 months, depending on the expiry date on your juices.
- Defrost in the fridge for 48 hours. Enjoy them within 3 days max after defrosting.

When you order a cleanse in our store, the juice is made fresh. This means the expiration date is 4 days only, so plan accordingly.

## Defrosting the juice \* Online only

- We strongly suggest defrosting your juice in the refrigerator for 48 hours. This option maintains the ultimate freshness of the products.
- Another option for quicker defrosting: leave the juices outside the fridge at room temperature (15 to 21 °C) for 8 hours. Do not extend the 8 hour period.
- Shots take less time to defrost. They are ready to drink after 3 hours at room temperature.
- Vanilla Sky must be defrosted in the refrigerator.
- After the product is defrosted, keep it in the refrigerator for up to 3 days.

## Finishing your cleanse

This might come as a surprise, but how you finish your cleanse is one of the most important parts of the entire process.

- On the first day after your cleanse, stick to fresh fruits and raw vegetables.
- We recommend a plant based diet for the first 5-7 days after your cleanse.
- Keep up the juice! A juice a day is a great way to maximise results and give your body consistency.



COLD-PRESSED  
= THE BEST



ALWAYS  
CERTIFIED  
ORGANIC



SUSTAINABILITY  
IS KEY



OUR HOUSE  
PROMISE