

HOW TO SUPPORT YOUR ADVANCED CLEANSE

- When you receive your cleanse package, you'll notice the bottles are labeled 1-6, this is the order that we recommend to drink your juice throughout the day.
- Start your morning off with the 1st juice from the cleanse as soon as you get going. Enjoy the remaining juices 2-3 hours apart, totaling 6 Juices per day.
- Drink plenty of water to support your cleanse or enjoy herbal tea for added antioxidants.
- Be sure to keep all juices well refrigerated throughout the day. If you are on the go, carry the juices in an insulated bag.
- If you feel the need to eat, then please do! Make sure to eat clean, raw foods or treat yourself to a handful of raw, unsalted almonds or half of a fresh avocado – these healthy snacks are loaded with clean fats and will help keep you sustained while further supporting the cleansing of your system.

For any questions or concerns, contact us at:
info@rubyjeansjuicery.com or rubyjeansjuicery.com

1. CUCUMBER FLUSH

Cucumber & lemons keep the body hydrated and eliminate toxins. They help in detoxifying your liver and cleansing the digestive system.

2. BEETLE JUICE

Beets & ginger fight inflammation, have anti-cancer properties, and are valued for detoxification and help purify your blood and liver.

3. VEG OUT

Kale, celery, cucumber, carrots, beets & ginger fight inflammation, are high in fiber, antioxidants, and vitamin c, while lowering high cholesterol.

4. CARROT JUICE

Carrots help balance blood sugar, relieves congestion, fights inflammation and helps improve eyesight and brain function.

5. OIL CHANGE

Romaine lettuce, turmeric & grapefruit are high in vitamin c, and potassium, strengthens immune system and boots metabolism.

6. GREEN TEA BOMB

Green tea contains caffeine to help increase energy and counteract the decrease in metabolic rate that is present during weight loss.

