

1 Day Cleanse Schedule

Day 1 - one bottle every 2 hours, 8 AM to 6 PM

8 AM

Celery

Pure Celery Juice
Hydrate - Flush - Reset

10 AM

Sovereign Sage

Celery - Green Apple - Cayenne - Cucumber - Cilantro - Parsley - Lemon - Ginger
Detox - Cleanse - Alkalize

12 PM

Crimson Crown

Beet - Apple - Pineapple - Lemon - Ginger
Blood Support - Vitality

2 PM

Golden Intellect

Carrot - Orange - Apple - Ginger
Energy - Focus - Immune Boost

4 PM

Pumpkin Mylk Protein Shake

Pumpkin Mylk - Vegan Protein
Nourish - Sustain - Repair

6 PM

Charcoal Lemonade

Coconut Water - Activated Charcoal - Maple - Lemon
Bind - Flush - Restore

Between bottles

Drink 8-12 oz of water (or unsweetened herbal tea) between bottles, and wait ~30 minutes after juice before your next glass.

Keep bottles frozen until the night before, thaw in the fridge and drink within 4 days of thawing. Shake well before each bottle.