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**Questions or Comments**

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Gluten Free



No-GMO



Cold Pressed



Natural

# Thank you for purchasing our juice cleanse.

## Instructions

### Pre-Cleanse

To get the results the cleanse is designed to give you, you'll need to wean yourself off a few things leading up to your start date. Trust me, your body will thank you for it during the cleanse.

Why should you do a pre-cleanse? Simple, it lets your body know of an upcoming change. If you don't do a pre cleanse, you are simply shocking your body at the very last moment and are running the risk of failing to finish the cleanse.

The day before you start the cleanse we recommend that you eat wholesome foods and try to **AVOID** the following:

- Meat, Poultry
- Rice, Pasta, Bread
- Dairy, Eggs

Instead, we **RECOMMEND**:

- Fruits, Vegetables
- Nuts
- Smoothies

### During your cleanse

During the cleanse you will only be drinking juices instead of eating meals. Hydration is essential. We recommend you drink about 45-65 oz of filtered water daily. The majority of us suffer from mild dehydration so make sure you drink plenty of water.

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Start your morning with 8 oz of warm water with lemon. This will stimulate your stomach. You should have your first ginger shot 30 minutes after waking up. Afterward, wait about 10 minutes before having your first juice. Drink each juice 2 hours apart.



1. Rise 'N' Shine



2. Glow Green



3. Liver Cleanse



4. Citrus Kick



5. Beet-Tox



6. Green Day

Feel free to exercise, but don't overdo it. It is important you listen to your body. Going to bed early will take your mind off of food and accelerate the cleansing process. To end your day, have a chamomile tea. It will calm and relax your mind and body. If you feel constipated, we recommend a herbal laxative.

In the rare case you feel very sick and are unable to finish the cleanse, do not worry. Save the remaining juices to drink another time as a snack. It's very important to listen to your body, if you have any questions please do not hesitate to reach out to us.

## Post-Cleanse

### Congratulations! You did it!

Now that you have supercharged your body, it's time to make sure you maintain it. Here is what we recommend to help you sustain the results of your cleanse. Start by introducing gentle foods for the first two days post-cleanse. Foods like smoothies, soups, salads, and veggies are great options. Then re-introduce heavier foods like chicken, salmon & whole wheat rice one at a time, so your body can gradually readjust. Always remember to control your portion sizes and include greens in each meal.

On behalf of RAW Fountain Juice, we wish you the best of luck. Remember, your body will thank you for this!