

Instructions:

The cleanse consists of drinking 5 juices and having some light snacks, or fasting the entire day. All of the juices are numbered 1-5 for easy recognition, but drinking them out of order has no negative impact on the benefits.

When you are ready to start, open the box, and observe the following:

1. Start with juice #1 by shaking well.
2. Keep the others refrigerated; the shelf life for the juices is 48 hours.
3. Drink the next juice in approximately 3 hours, and then repeat the process.
4. Drink plenty of water between juices to help release toxins.
5. Enjoy some of the included snacks any time of the day if hungry.
6. When you finish the last juice, congratulations! You made it!

Note: Shake well, it is normal for juice contents to separate



"Juices offer great quantities of nutrients that support your immune system!"



Considerations during cleanse:

- ▶ Drink plenty of water throughout the day, especially between juices.
- ▶ Avoid alcohol, smoking, soda, processed sugary foods, coffee, and fatty or greasy foods.
- ▶ Avoid intense workouts if you decide to exercise.
- ▶ Consult your physician first if you are taking any medication, or if you are pregnant or lactating.
- ▶ Try to drink each juice within 10 minutes after opening. Do not chug rapidly.
- ▶ Eat light meals if you become too hungry, like a smoothie, soup, acai bowl, etc.
- ▶ Try to relax and avoid stressful situations. Even a massage helps!



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1-DAY CLEANSE KIT

To achieve optimal health & energy, detoxification should be part of your lifestyle.

Downey

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Northridge

18679 Devonshire St. Northridge, CA 91324
(INSIDE LA FITNESS) 818.488.1905

Santa Fe Springs

13332 Telegraph Rd, Santa Fe Springs, CA 90670
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Chino

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(INSIDE LA FITNESS) 909.597.3928

DISCLAIMER: This information is presented for informational purposes and is not intended to treat, diagnose or cure any illness. Consult a physician before taking any action. It is very important to note that all of the recommendations in this brochure are not to be taken as medical care or advice.



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DISCLAIMER: May contain nuts

What is the “1-Day Cleanse”?

A practical detoxifying juice pack designed to be taken with some light snacks for 1 full day.

The 100% raw and natural juice benefits include:

- ✓ Detoxification
- ✓ Rejuvenation
- ✓ Aid with Digestion
- ✓ Weight Loss
- ✓ Boost in Metabolism
- ✓ Glowing Skin
- ✓ Bright Eyes
- ✓ Healing & Harmony
- ✓ Less Stress
- ✓ General Feeling of Happiness

What is it good for?

Over time, your body builds up toxins from processed foods, chemicals, pollution, overeating, and other pollutants. These toxins in your body, in many cases, are responsible for headaches, fatigue, depression, abdominal discomfort, flatulence, insomnia, nausea, lack of both concentration and desire, low energy levels, skin blemishes, bad breath, back pain, irritability, and much more.

Therefore, organs like your liver, kidneys, pancreas, and colon need added assistance.

“Restore the essential functions of your body, so you feel better and you look better.”

Note: A Juice Cleansing is NOT a purge!

What does it include?

Juice fasting is this added assistance, like a “maintenance tune-up” for your body, a safe and easy way to detoxify your body.

The cleansing kit includes 5 natural raw juices made from 100% natural fruits and veggies, combined in a unique manner to also make your taste buds happy, as well as some very light, nutritiously balanced snacks.

“You will feel better, lighter, energized, harmonious and happy. You deserve it!”



Why enzymes matter?

Enzymes and nutrients are the greatest benefits of fresh fruits and veggies. These enzymes are commonly known as the “spark plugs” of life because they help regulate many body functions, and the fresh juice of fruits and vegetables is probably the richest available source of enzymes, vitamins, and minerals.

Juices & Contents

Juice # 1: “Starter” specially created powerful and well-balanced juice to get the motors running for a strong start.



Juice # 2: “Pillar” powerful juice with plant-based protein to sustain and galvanize you for the rest of the day.



Juice # 3: “Spark” green juice combination known as the spark plug of life.



Juice # 4: “Endurance” designed to carry you on to the finish line!



Juice # 5: “Achieve” This juice combination marks the accomplishment of your spring cleansing program. Congratulations!



“Snacks” mainly healthy nuts to be consumed during the day to help you get through your one-day juice program.

It is essential to consume these snacks to stimulate your colon and prevent toxins from being reabsorbed into the body.



Insights:

To maximize the nutrient content, many of the fruits and veggies we juice are not peeled. All the fruits and vegetables that we use are cleaned with a special veggie wash to eliminate any potential toxins on the skin or peel.

Why not bottled?



The majority of bottled juices must go through some type of pasteurization, which kills all living organisms in the juice in order to prolong shelf life. This process also destroys or debilitates the enzymes.

Why not frozen?



Frozen fruits and vegetables do not have all the valuable nutrients because the enzymes and nutrients are drastically debilitated by freezing temperatures.

Why not Canned?



Chemicals are added as preservatives and then are usually subjected to very high temperatures, which kill all living organisms. The problem is the enzymes are destroyed during this process leaving only a chemical residue.

Why not multi-day fasting?



We don't recommend more than 1-day of juice fasting consecutively. Research shows that multiple-day juice fasting can bring about health risks and should only be done by those who are properly inducted, directed, and supervised. This

type of fasting can be too hard on the body! An alternative is our “1-Day Spring Cleansing.” As you become more experienced you can always repeat the process. You can do the 1-day cleansing any day. Then, after a couple days, do it again.