

Thinking about a juice cleanse?

There is compelling evidence to suggest that a diet rich in fruits and vegetables can protect against many types of acute and chronic diseases [1]. Our advanced hydraulic press allows us to squeeze up to 3 lbs of fresh fruits and vegetables (equivalent to **9+ servings**) into each 15.5 oz. bottle of juice. Our juices are designed to exceed all your body's nutritional requirements in a highly digestible form.

We recommend doing a cleanse at least once with every new season, or more frequently as desired.

Why JuiceRx?

- 100% Raw and Organic
- Cold-Pressed
- Plant-Based
- Handcrafted in Small Batches
- Fresh-Pressed Daily
- Free of Dairy, Wheat, and Gluten
- No HPP or Pasteurization
- Non-GMO
- No Concentrates, Additives or Preservatives.

HAND-CRAFTED
MADE WITH
♥
IN CHICAGO

Ready to drink Chicago's best?

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WE DELIVER NATIONWIDE
www.drinkjuicerx.com
hello@drinkjuicerx.com

SCAN THIS



ALL
ABOUT
CLEANSES
& INGREDIENTS



CHOOSING A CLEANSE PACK

Feel free to choose whichever cleanse sounds the most palatable to you. Any cleanse you choose, will allow your body to detoxify, alkalize, & energize.

SEASONAL

If you appreciate a colorful variety of both fruits and vegetables that offers just enough greens

GREEN

If you're looking to squeeze more greens into your detox, or trying to take in less (natural) sugar

EXTREME

If you prefer maximum leafy greens with minimal (natural) sugars

BUILD *your* OWN

Know what you want?
Create your own custom cleanse by visiting a location or scanning the QR code

INVIGORATE

If you want to feel refreshed and satiated with organic whole food smoothies (48g of protein/day)

SHRED

If you're staying active and would like to add 100% muscle-building, plant-based protein and healthy MCTs (67g protein/day)

PRE CLEANSE

OPTIONAL:

1. Start your pre-cleanse routine 1-3 days before your cleanse.
2. Commit to eating and drinking raw and organic. Salads, smoothies, raw dishes made of fruits and veggies are encouraged.
3. Drink water. Shooting for 8 glasses of water/day will help flush toxins.
4. Stimulate excretion of toxins by getting some movement in each day.
5. Allow yourself to get adequate sleep and disconnect as best you can from stressors.

DURING CLEANSE

1. Enjoy juice #1 at your normal breakfast time. Drink juices #2-6, every 2-3 hours throughout the day.
2. If you're feeling up for exercise, keep it light.
3. Drink water. Black coffee, green and herbal teas are OK.
4. Try to stick to the juices, but if you are hungry, choose raw fruits, vegetables or a salad.
5. Be sure to "chew" your juice and allow it to marinate it in your mouth before swallowing to extract the greatest amount of nutrition.

POST CLEANSE

OPTIONAL

1. You're encouraged to continue drinking juice as you transition back to enjoying solid food. Nuts, ancient grains, and cooked vegetables are great foods to opt for. Enjoy raw fruits and vegetables and avoid processed foods, if possible.
2. Be mindful when chewing. Most of us don't sufficiently chew our food, so take this opportunity to better focus on it.
3. Listen to your body and eat what makes you feel good.