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The UpsKale Kleanse

Cold Pressed Juices

Reset | Renew | Revitalize

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The UpsKale Kleanse

UpsKale cleanses are there to support your body with powerful nutrients to help you detoxify, feel better, be stronger, and optimize your health and maximize your life. Simply follow the formulas to cleanse your way to better eating habits and a healthier more revitalized you.

The benefits of cleansing.

With our busy lives, hectic schedules, and unhealthy diet it is so important to give our insides a little ‘R&R’ “rest”. The main goal of drinking cold pressed juices is to flood our bodies with countless vitamins and minerals, allowing the body to rid itself of toxin build-up from our usual foods and environment. It is a great way to reset your mindset and put a change to your eating habits while setting you on a path to better overall wellness!

(Bullets might want to put into boxes etc)

1. Helps reset your body to kickstart healthier eating habits, restore your alkaline balance, and take a much-needed break from processed, fatty, and fried foods.
2. Can promote increased energy levels, clearer skin, combat digestive issues and decrease bloating.
3. Floods your body with bioavailable essential vitamins, minerals, superfoods, and phytonutrients.
4. Designed to revitalize your body and mind to promote a more positive well-being.

**What is Cold Pressed Juice and why is it better for you?**

Unlike a centrifugal juicer, the cold-pressing technique generates no heat when it is extracting the juice, making sure that the enzymes and nutrients from the fruits and vegetables stay intact.  Cold pressing allows our juices to have a shelf life of a few days, and during this time the nutrient content and taste will remain as fresh as possible.

Our juices are all natural, have no added sugar, or preservatives. We use the freshest ingredients and try to use organic if possible. Each bottle contains 2-4lbs of fresh produce each with a unique combination of vegetables and fruits.

**Page 3 Cleanse Plan Options**

**Choose your Cleanse**

1. Klassic UpsKale Kleanse 1-Day (Total of 6 juices)

The classic cleanse consists of five cold pressed juices and one nut milk. Ideally these are to be the only thing consumed throughout the day of your cleanse. Each of the juices are number from 1 - 6. You will want to drink one juice every 2-3 hours throughout the day. We recommend staying hydrated by drinking plenty of filtered water. Drink plenty of water, limit rigorous exercise, and get plenty of rest on day of cleanse. If you are starving and think you can’t make it, DON’T GIVE UP! Have a handful of organic nuts or a small leafy green salad with grilled chicken or fish.

1. Mini UpsKale Kleanse ½-Day (Total of 4 juices and then a healthy dinner)

Includes the Kalevolution Green (KG1), Krisp Yellow (KY3), Killer Red (KR4) and Nutty White (NW6)

1. Ultimate UpsKale Kleanse 2-5 Days (Total 12-30 Juices)

8AM: KALEVOLUTION GREEN (KG1)

Content: Kale, Spinach, Apple, Cucumber, Lemon, Mint, Celery, Pineapple

Benefits: dense in phytonutrients, supports the digestive and immune system, anti-inflammatory, can help neutralize free radicals, and facilitates detoxification.

10AM: ATOMIK ORANGE (AO2)

Content: Carrots, Orange, Apples, Lemon, Cayenne Pepper

Benefits: May help balance and regulate metabolism and caloric activity, can alleviate congestion and migraine, may help improve circulation, is anti-inflammatory.

12PM: KRISP YELLOW (KY3)

Content: Pineapple, Aloe, Apple, Cucumber, Lemon, Ginger, Tumeric, Black Pepper.

Benefits: Supports digestive system, anti-inflammatory, stomach soothing, facilitates detoxification, may help improve liver function, packed with vitamin A, C, E and beta-carotene.

2PM: KILLER RED (KR4)

Content: Beet, Strawberry, Apple, Cucumber, Ginger, Lemon.

Benefits: Can help purify blood and improve circulation, increases energy, anti-inflammatory, stomach soothing, contains anti-cancer properties.

4PM: MIDKNIGHT BLACK (MB5)

Content: Pineapple, Lemon, Activated Charcoal, Agave, Alkaline Water.

Benefits: Strong detoxifier, revitalizes, helps in nutrient absorption, eliminates toxins, supports the immune system, packed with antioxidants.

6PM: NUTTY WHITE (NW6)

Content: Cashews, Dates, Vanilla, Cinnamon, Himalayan Pink Salt, Alkaline Water.

Benefits: Rich in protein and magnesium, helps in muscle recovery, energy production, can help regulate blood sugar and cholesterol.

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Kleanse Instructions

On day of detox you will just consume 6 juices every 2-3 hours. You should drink plenty of water throughout the day. You can also drink herbal or detox tea. If you are doing a half day detox you will drink 4 juices and then have a healthy clean dinner. Example salad with clean protein.

During

Cleansing basics: Start your morning off with #1 the Green KG1. Continue to drink the juices consecutively every 2-3 hours. Drink plenty of water throughout the day to support cleansing your system. Keep your UpsKale drinks refrigerated at all times. You can have herbal tea, lemon water, and black coffee if needed.

If you are struggling to complete without eating, grab a handful of organic nuts or have a small salad a piece of fish/chicken.

After

You made it! Feels good right?!? Lets not mess up all your progress. We recommend eating whole non-processed foods, such as steamed veggies, or fresh salads and fruit. Slowly introduce lean proteins. Continue to supplement with your favorite UpsKale juices daily, as well as our smoothie bowls, healthy snacks, and shakes.

Happy cleansing! We are here to support you on your fitness journey! YOU GOT THIS!

Share your experience @upskalepr #livetheupskalelife

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. We always recommend consulting your physician if you are diabetic, pregnant/nursing, under 18 years of age. Food allergy notice might contain tree nuts, peanuts, gluten, wheat, and soy.