

# RePepp<sup>®</sup>

## JUICE CLEANSE

### USER GUIDE

- MADE WITH -

**NUTRIENT-DENSE  
ANTIOXIDANTS  
TO HELP YOU TO  
FEEL YOUR BEST**

**SUPERFOODS  
SUPPORT GUT &  
IMMUNE HEALTH**

**DESIGNED TO  
DELIVER ESSENTIAL  
NUTRITION FROM  
NATURE**



**NO ADDED SUGAR | NO PRESERVATIVES | 72HRS SHELF LIFE**



## **WHAT IS A JUICE CLEANSE?**

**CLEANSING IS NOT JUST DRINKING JUICES WHILE ABSTAINING FROM SOLID FOOD CONSUMPTION. IT IS ALSO USED FOR DETOXIFICATION, AN ALTERNATIVE MEDICINE TREATMENT, AND IS OFTEN PART OF DETOX DIETS.**

## **DURING THE PROGRAM**

**YOU WILL START WITH A CUP OF OUR GREEN TEA EACH DAY AND YOU'LL ENJOY SIX COLD-PRESSED JUICES AT REGULAR INTERVALS AS SUGGESTED. HOWEVER, WE RECOMMEND DRINKING YOUR LAST JUICE A MINIMUM OF 2 HOURS BEFORE BED TO ENSURE FULL DIGESTION.**





## WHAT TO EXPECT

**THE FIRST QUESTION THAT ALMOST EVERYONE ASKS IS WHETHER THEY WILL BE CONSTANTLY HUNGRY WHILE ON THE JUICE CLEANSE? THE ANSWER IS NOT AS HUNGRY AS YOU WOULD EXPECT! OUR JUICES CONTAIN A LOT OF FRUITS & VEGETABLES AND ARE SURPRISINGLY FILLING. DRINK LOTS OF WATER! THIS WILL HELP YOUR BODY FLUSH OUT ALL THE NASTY STUFFS YOU HAVE INSIDE AND FURTHER THE DETOXIFICATION PROCESS.**

## TIPS

- **BE THOUGHTFUL ABOUT YOUR START DATE, SELECTING ONE AWAY FROM THINGS LIKE CELEBRATORY MEALS OR TRAVEL, IN ORDER TO HAVE THE BEST CHANCE AT A SUCCESSFUL OUTCOME.**
- **TO MAKE THE MOST OF THE PROGRAM, STAY HYDRATED DURING THE DAY AND AVOID ALCOHOL OR EXCESSIVE CAFFEINE INTAKE. ENJOY HERBAL TEA OR EVEN ADDITIONAL JUICES, IF YOU'D LIKE.**
- **WE DO SUGGEST LIGHTER WORKOUT THAN NORMAL WHILE ON THE CLEANSE. YOGA, WALKING OR A LIGHTER RUN/SWIM ARE ALL GOOD OPTIONS.**
- **MOST IMPORTANTLY, LISTEN TO YOUR BODY. IF YOU NEED TO REST DO SO. IF YOU NEED TO EAT SOME SOLID FOOD, THAT'S OK! WE'RE HUMAN, AFTER ALL. RAW FRUITS, VEGGIES, NUTS ARE BETTER OPTIONS FOR SNACKING WHILE ON THE CLEANSE.**
- **THIS IS A PROGRAM TO PROMOTE OPTIMAL HEALTH. IF YOU HAVE A HEALTH CONDITION OF ANY SORT, ARE PREGNANT, NURSING, OR ELDERLY, CONSULT YOUR DOCTOR FIRST TO MAKE SURE THE REPEPP 3-DAY CLEANSE IS RIGHT FOR YOU.**

## SCHEDULE

Start your day with our Green Tea	Green Glow	Diet Plus	Pillar Box	Active Plus	Ever Green	Beet Boy
						
7:30 AM	9:30 AM	11:30 AM	1:30PM	3:30 PM	5:30PM	7:30 PM



# ReActive ORGANICS

Health | Wellness | Beauty

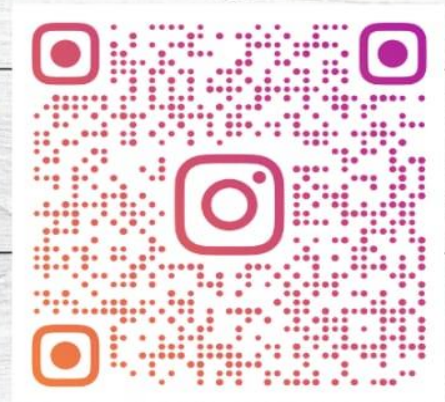
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