

BEFORE

It is important to use the days leading up to a cleanse to prepare your body in order to avoid shocking the system. Proper diet preparation will allow you to be more comfortable throughout the cleanse. Avoiding processed foods, refined sugars, alcohol, dairy and red meat before the cleanse is ideal. The more you can prepare your body for a cleanse, the more pleasant and transformative it will be.

DURING

The juices are designed to help the body feel nourished and support detoxification. It is important to drink lots of water, engage in light activity, and ensure you are getting adequate sleep.

Feeling a little tired or hungry during your cleanse is completely normal. If you are feeling un nourished, supplement with drinking herbal tea or vegetable or bone broth. If at any point you feel dizzy or extremely hungry, listen to your body! Eat a small portion of raw vegetables, an avocado or a handful of nuts.

It is best to find a time when you are occupied, but not too busy to do your cleanse. The point of the cleanse is to restore your body, not to put stress on it.

AFTER

So you've completed your cleanse. Congrats! Smoothies, soups and salads with lots of raw vegetables are ideal first meals after a cleanse. Continue to drink as much water as possible.

Use the post-cleanse period as an opportunity to note any changes in digestion and overall health, and as an opportunity to implement new dietary habits moving forward.



CLEANSE OPTIONS

3-DAY ESSENTIAL CLEANSE

\$150

Great for regular juice drinkers, those maintaining a healthy lifestyle or anyone looking to reset some dietary habits.

3-DAY ACTIVE CLEANSE

\$170

Perfect for anyone new to juice cleansing! Great for first time cleansers, athletes or anyone with hunger concerns.

1-DAY RESET CLEANSE

\$50

A one day version of our Essential Cleanse. This cleanse is great for a health reset or a gentle start to cleansing.



SUNSHINE
JUICE CO.

6225 East Virginia, Suite C
Evansville, IN 47715
812-401-6225
sunshinejuiceco.com



EVANSVILLE'S ORIGINAL
SUNSHINE
JUICE CO.
COLD-PRESSED JUICERY

JUICE CLEANSES



ABOUT COLD-PRESSED JUICE

Cold-pressing is a method of extracting liquid from fruits and vegetables without depleting any of their nutritional content. In using cold-pressed methods, juices remain raw and nutrient dense for optimal health benefits. All of our juices are cold-pressed, raw and unpasteurized.

CLEANSE BENEFITS

Cleansing methods and results are unique to each person. Done properly, a juice cleanse can help to increase energy, improve digestion, conquer cravings, support well-being and reset lifestyle habits. The intention is to emerge from your cleanse energized, revitalized and restored!

HOW TO ORDER

Sunshine Juice Co. offers two 3-day cleanse options and a 1-day reset cleanse option. Cleanses are available for purchase Monday-Saturday during regular business hours. In order to ensure the product is as fresh as possible, we ask that you order ahead at least 3 days. Juice cleanses must be picked up at our shop.

In case of allergy restrictions, please reach out to us directly. We would be happy to try to accommodate your needs.

PLACE YOUR ORDER BY

phone: 812-401-6225
email: erin@sunshinejuiceco.com
online: www.sunshinejuiceco.com/order

SUNSHINE JUICE CO.

6225 East Virginia, Suite C \ Evansville, IN 47715
812-401-6225 \ sunshinejuiceco.com



CLEANSE OPTIONS

3-DAY ESSENTIAL CLEANSE / \$150

This cleanse includes 3 days of 5 juices, 1 Mylk and 1 cleansing water per day.

This is the best option for someone looking for a full juice cleanse experience. This cleanse is great for those maintaining a healthy lifestyle or anyone looking to reset poor dietary habits.

3-DAY ACTIVE CLEANSE / \$170

This cleanse includes 3 days of 5 juices, 2 Mylks and 1 cleansing water per day.

The option is perfect for anyone new to juice cleansing, as it will introduce the process to the body slowly. We recommend the Active Cleanse for first time cleansers, athletes or anyone with hunger concerns. Active Cleanse includes one additional Mylk. We recommend drinking this in the morning, before or after the cleansing water.

1-DAY RESET CLEANSE / \$50

This cleanse includes 1 day of 5 juices, 1 Mylk and 1 cleansing water.

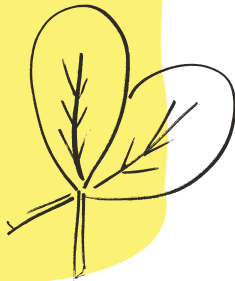
This is a 1 day version of our Essential Cleanse. Great for a reset from unhealthy eating or as preparation for a longer cleanse in the future.



TIPS FOR A HEALTHY CLEANSE

1. Drink the juices throughout the day, having one every two hours.
2. Drink plenty of water!
3. At least three days before the cleanse begin to eliminate foods such as caffeine, refined sugar, alcohol and nicotine.
4. Get adequate sleep throughout the cleanse.
5. Exercise is fine during a cleanse, but be gentle. The intent of a cleanse is to relax and give the body a rest. Participating in lower impact activities like walking, swimming or yoga are ideal.

We do not recommend our juice cleanses for pregnant or breastfeeding women, children or anyone with a medical condition.



THE CLEANSE

FOR BEST RESULTS DRINK THE JUICES IN THE FOLLOWING ORDER:



SOL H2O CLEANSING WATER
water / lemon / honey / cinnamon
apple cider vinegar / cayenne pepper



PINK DRINK
grapefruit / red apple / beet
strawberry / ginger



DREAMWEAVER
carrot / orange



MEAN GREEN
celery / cucumber / green apple / kale
spinach / parsley / lemon / ginger root



UPBEET
carrot / beet / turmeric / lime



MEAN GREEN
celery / cucumber / green apple / kale
spinach / parsley / lemon / ginger root



MYLK
almonds / dates / sea salt / vanilla