

# Soulmatecleanse

## INTRODUCTION

More effective at banishing the morning malaise than breaking out the extra giant coffee mug, cleansing will bring health that will increase metabolic performance and energy output.

Suitable for everyone from sedentary chair sitters to active, busy chair builders.

Natural Ingredients, fresh fruit, love and lots of nutritional know how.

## HOW IT WORKS

- \* Six juices per day
- \* Programme lasts five days

## BENEFITS

Designed to purify the body while giving bodies running the metabolic marathon a kick-start and motivational megaphone encouragement.

- ✓ Rids body of toxins, aids digestion and boosts mental and physical efficiency
- ✓ All natural ingredients
- ✓ Lose up to 6lb in five days
- ✓ Suitable for everyone



## DO'S AND DON'T

**DO** drink 6 glasses of water per day

**DO** sip the juices throughout the day

**DO** exercise lightly whilst on the programme

**DON'T** drink any other fluid other than the juices and water  
(coffee and alcohol are no no's)

## JUICES

Juice	Ingredients
Juice 1 – Detox Breakfast	Carrot, Orange, Ginger & Superfoods
Juice 2 – Vitality	Pineapple, Banana & Coconut
Juice 3 – Berry Active	Antioxidant Blend, Cherries & Mixed Berries
Juice 4 – Earth	Apple, Beetroot & Blackcurrant
Juice 5 – Tropical	Orange, Mango & Passion Fruit
Juice 6 – Nutrilicious	Strawberry, Banana, Grape & Orange

- \* All juices labelled 1-6
- \* Drink one of each juice each day in number order
- \* Have the first juice when you wake up and then one every two hours

**Shake each juice well and enjoy!**