

Juice 1

BEETLE JUICE: apple, beet, carrot, celery, mint, & ginger

Juice 2

HALE TO KALE: apple, kale, orange, & lemon

Juice 3

MR. GREENGENES: apple, celery, cucumber, kale, spinach, & mint

Juice 4

NAMASTE: apple, carrot, ginger

Juice 5

MR. GREENGENES: apple, celery, cucumber, kale, spinach, & mint

#6

UNPASTEURIZED ALMOND MYLK

CLEANSSES
MUST BE
ORDERED **72** hrs
in advance

TO ORDER

Email : stayjuicyorlando@gmail.com

Call us at: **407-446-9257**

*Please note that we are closed on Sundays.

* Please note: If you are seriously ill, have diabetes or are currently under a physician's care, please consult with your doctor before beginning a juice cleanse.

WHAT IS A JUICE CLEANSE

A juice cleanse is a safe way to revitalize and reboot your system from poor dietary choices such as heavy meals and over processed foods. The concentrated nutrients that you receive from a juice cleanse will stimulate your system to let natural healing occur.

What are the benefits of a 1 day cleanse, 3 day cleanse, 5 day cleanse, and etc.?

- A one-day cleanse is used by many as maintenance for the body or a chance to take a weekly break from the process of digestion. One-day cleanses are also an excellent chance to see if a juice cleanse is right for you.
- Three to five-day cleanses can be used to reboot the body or as a building block to longer cleanses.
- Ten days or more is where real healing work begins.

WHEN SHOULD I DO A CLEANSE?

Cleanses are best thought of as a gift for your body. Consider doing a cleanse seasonally to have your body flow with the rhythm of the changing seasons. If you are feeling bloated, sluggish and foggy then give yourself a couple of days to prepare and take a break from solid food. Be kind to yourself and do not plan a cleanse during a challenging time when big events are coming up. such as weddings, final exams or the holidays.

More detailed information for preparing your body for your cleanse and what to expect during and after your cleanse can be found at

www.juicebarorlando.com

HOURS

Monday	8:30 AM - 9:30 PM
Tuesday	8:30 AM - 9:30 PM
Wednesday	8:30 AM - 9:30 PM
Thursday	8:30 AM - 9:30 PM
Friday	8:30 AM - 6:00 PM
Saturday	9:00 AM - 4:00 PM
Sunday	Closed



STAY JUICY!!!

www.juicebarorlando.com



BEETLEJUICE HALE TO KALE MR. GREENGENES NAMASTE ALMOND MYLK