3 DAY JUICE CLEANSE

Welcome to your transformative Three-Day Cleanse! By investing in this journey, you're choosing to elevate your health, boost your performance, and embrace a life of vibrant energy. Our carefully curated fresh-pressed juice recipes are designed to detoxify your body, enhance recovery, and support athletic excellence. Each blend is packed with powerful nutrients and antioxidants, crafted to help you feel rejuvenated and ready to conquer your day. Get ready to experience the incredible benefits of natural nourishment as you take the first step toward a stronger, healthier you!

JUICE 1 OPTIONS:

c.pop (Mint, Romaine, Orange, Grapefruit, Lime):

- **Cleansing Facts:** A vibrant blend that delivers a high dose of vitamin C and antioxidants from citrus fruits, helping to support liver detoxification and boost immunity. The romaine adds fiber for digestion, and mint soothes the stomach.
- **Benefits**: Natural electrolytes from citrus aid hydration and muscle function, while mint offers a refreshing, natural energy lift—ideal for post-workout recovery.

Crunk (Celery-Lemon):

- **Cleansing Facts:** Celery's high water content and natural diuretic properties help flush toxins, while lemon supports liver detox and balances pH levels.
- **Benefits:** Rich in essential minerals, this blend replenishes electrolytes and boosts hydration, essential for sustained athletic performance and endurance.

b.bop (Grapefruit, Celery, Lime):

- **Cleansing Facts:** Combines the detoxifying power of grapefruit with celery's cleansing effects and the bright, digestive aid of lime.
- **Benefits**: Grapefruit's metabolism-boosting properties and celery's hydrating minerals help optimize energy levels and muscle recovery during intense training sessions.

JUICE 2 OPTIONS:

Rhythm (Cucumber, Celery, Kale, Cilantro, Green Apple, Ginger, Turmeric, Lemon):

- **Cleansing Facts:** This nutrient-packed green juice provides antioxidants and anti-inflammatory compounds from kale, cilantro, ginger, and turmeric, supporting overall detoxification.
- **Benefits:** Hydration from cucumber and celery, along with a subtle energy boost from green apple, helps reduce muscle soreness and speeds recovery after exercise.

Motown (Celery, Pineapple, Parsley, Apple, Ginger):

- **Cleansing Facts:** The pineapple's bromelain aids digestion and reduces inflammation, while parsley helps remove toxins and celery and apple supply vital nutrients.
- **Benefits:** The natural enzymes in pineapple accelerate recovery, and ginger supports muscle comfort, making it an excellent blend for active individuals.

JUICE 3 OPTIONS:

Charcoal Lemonade:

- **Cleansing Facts**: Activated charcoal binds to toxins, aiding their removal, while the lemonade base helps to alkalize and cleanse the body.
- **Benefits**: By detoxifying the system, this blend can enhance energy levels and improve metabolic efficiency—important for athletes needing a natural performance edge.

Blue Spirulina Lemonade:

- **Cleansing Facts**: Blue Spirulina is rich in antioxidants, vitamins, and minerals that support cellular detoxification and immune function, paired with the refreshing taste of lemonade.
- **Benefits**: Spirulina is known to improve endurance and reduce muscle fatigue, offering athletes a natural way to boost recovery and energy.

JUICE 4 OPTIONS:

Techno (Carrot, Orange, Pineapple, Lemon, Apple):

- **Cleansing Facts**: This bright blend is loaded with beta-carotene, vitamin C, and natural sugars that aid detoxification and support immune health.
- **Benefits**: Antioxidants help minimize oxidative stress and support muscle repair, while the natural sugars provide a quick energy boost post-exercise.

Pineapple Blend (Inflammation Relief):

- **Cleansing Facts**: Specially formulated to reduce inflammation, this juice harnesses bromelain's power to soothe and heal, ensuring a smoother detox process.
- **Benefits**: By targeting inflammation, it aids faster recovery and minimizes muscle soreness, which is critical for athletes undergoing rigorous training.

Each day of the three-day cleanse is carefully designed to provide variety while targeting detoxification and enhanced athletic performance. Enjoy the refreshing blends that not only support your body's natural cleansing processes but also help optimize your energy, recovery, and overall performance.

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JUICE 5 OPTIONS:

Dub (Watermelon Blend):

- **Cleansing Facts**: Watermelon is highly hydrating and rich in vitamins A and C, which help flush out toxins and promote skin health.
- **Benefits**: With natural electrolytes and high water content, this blend is perfect for rehydration and muscle recovery after workouts.

Underground (Beet Blend):

- **Cleansing Facts**: Beets support liver detoxification and improve blood flow, contributing to a thorough cleansing process.
- **Benefits**: Known to boost endurance and oxygen uptake, beet juice is a favorite among athletes aiming to enhance stamina and overall performance.

JUICE 6 OPTIONS:

Flavored Almond Milk

- **Cleansing Facts**: A soothing, nutrient-rich base that is gentle on the digestive system, providing essential vitamins and minerals to support overall health.
- **Benefits:** The healthy fats and proteins help with muscle recovery and offer sustained energy, making it an excellent post-workout refuel option.

Call to Action

It's time to keep the momentum going by embracing your newfound energy and enhanced performance. Be sure to stay connected with our community for ongoing support and expert insights. Whether you want to learn more of its benefits or order more juices online, we're here to ensure your journey to wellness continues seamlessly.

Fresh Press, Fresh Life:

Remember, our fresh-pressed juices have no preservatives and are best enjoyed within 72 hours. That's why we prepare your juices twice a week during our production days, ensuring you always receive the highest quality, nutrient-packed blends.

READY TO RECHARGE AGAIN?

CLICK HERE to order more juices

R&B JUICE COMPANY

Your path to a healthier, revitalized you is always just click away. Let's keep the energy flowing!