

# GBK JUICE CLEANSE COMPLETE GUIDE



**greenbar**  
& KITCHEN

GBK JUICE CLEANSE



# JUICE UP YOUR HEALTH

## JUICE INGREDIENTS & BENEFITS

### CELERY



- Alkalizing
- Antibacterial Benefits
- Reduces Inflammation

### SPINACH



- Low in Calories
- Rich in Nutrients
- Great Source of Protein
- Aids in Digestion

### KALE



- One of the most nutrient rich foods on the planet - High in fiber, protein, thiamin, riboflavin, folic acid, iron, magnesium, phosphorus, calcium, potassium, copper, manganese, vitamins A, C, K, & B6

### CUCUMBER



- Promotes Weightloss
- Low Calorie
- Hydrating

### PARSLEY



- Rich in Iron
- Helps to heal wounds
- Delivers antioxidants.
- Supports Heart Health

### GINGER



- Natural Antibiotic
- Aids in Digestion
- Aids with Weight Loss
- Treats Nausea

### TURMERIC



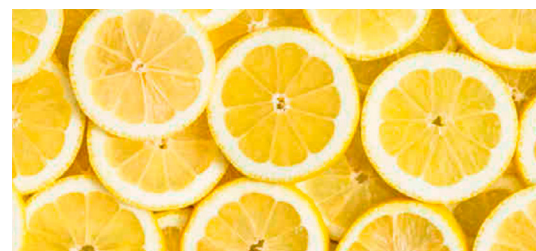
- Anti Fungal
- Anti Inflammatory
- Heals wounds faster
- Helps control Blood Pressure

### CAYENNE



- Reduces Inflammation
- Boosts Metabolism
- Suppresses Appetite

### LEMON



- Boosts Immune System
- Aids in Digestion
- Suppresses Appetite
- Anti Bacterial



# JUICE UP YOUR HEALTH

## JUICE INGREDIENTS & BENEFITS

### BEETS



- Boosts Weight Loss
  - Detoxifying
- Fights Inflammation
  - Energy Booster
- Treats Iron Deficiency + Anemia

### ORANGE JUICE



- Immune Booster
- High in Vitamin C
- Improves Blood Circulation

### APPLE



- Fights against aging
  - Prebiotic Effects
- Improves Gut Health
- High in Vitamin A+C
- Good for Bone Health

### PINEAPPLE



- Aids in Digestion
  - Eye Health
- Boosts Immunity
- Arthritis Pain Relief
  - Bone Health

### WATERMELON



- Keeps you Hydrated
- Boosts Heart Health
- Reduces Inflammation and oxidative stress
  - Increased Energy
- Promotes weight loss

### CARROT



- Improves Eye Sight
  - Prevents Heart Disease
- Reduces Blood Pressure
- Rich in Antioxidants
  - Prevents Macular Degeneration



GBK JUICE CLEANSE



# OUR JUICE

## SPICE UP YOUR LIFE

ORANGE JUICE | LEMON | GINGER | CAYENNE

### ORANGE JUICE

- Immune Booster
- High in Vitamin C
- Improves Blood Circulation

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- Anti Bacterial

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## SWEET GREENS ARE MADE OF THESE

CELERY | CUCUMBER | PINEAPPLE | GREEN APPLE

### CELERY

- Alkalizing
- Antibacterial Benefits
- Reduces Inflammation

### CUCUMBER

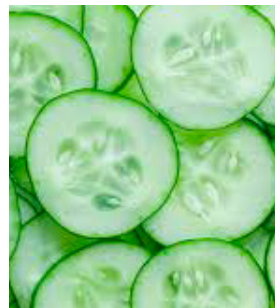
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# OUR JUICE

## GBK | G-BEET-K | JUICE

BEETS | APPLES | CARROTS

### BEETS

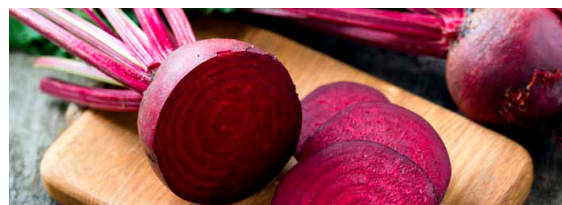
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- Prevents Heart Disease
- Reduces Blood Pressure
- Rich in Antioxidants
- Prevents Macular Degeneration



## HARDER THAN GREEN

SPINACH | KALE | CELERY | CUCUMBER | PARSLEY | LEMON

### SPINACH

- Low in Calories
- Rich in Nutrients
- Great Source of Protein
- Aids in Digestion

### KALE

- One of the most nutrient-rich foods on the planet See P2 for more.

### CELERY

- Alkalizing
- Antibacterial Benefits
- Reduces Inflammation

### CUCUMBER

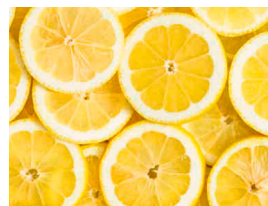
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# OUR JUICE

## 24 CARROT MAGIC

PINEAPPLE | ORANGE JUICE | CARROT | TURMERIC

### PINEAPPLE

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- Eye Health
- Boosts Immunity
- Arthritis Pain Relief
- Bone Health

### ORANGE JUICE

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- High in Vitamin C
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### TURMERIC

- Anti Fungal
- Anti Inflammatory
- Heals wounds faster
- Helps control Blood Pressure



## ONE IN A MELON

WATERMELON JUICE

### 100% WATERMELON

- Keeps you Hydrated
- Boosts Heart Health
- Reduces Inflammation and Oxidative stress
- Increased Energy
- Promotes weight loss



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# OUR JUICE

## CELERY JUICE

- Alkalizing
- Antibacterial Benefits
- Reduces Inflammation



## GINGER SHOT

- Natural Antibiotic
- Aids in Digestion
- Aids with Weight Loss
- Treats Nausea



## TURMERIC SHOT

- Anti Fungal
- Anti Inflammatory
- Heals wounds faster
- Helps control Blood Pressure



## WELLNESS SHOT

TURMERIC - LEMON - GINGER - BLACK PEPPER

- Anti Fungal
- Anti Inflammatory
- Heals wounds faster
- Helps control Blood
- Natural Antibiotic
- Aids in Digestion
- Aids with Weight loss
- Supports Immune System





# JUICE CLEANSE PACKAGES

## DETOX

FEATURING - SWEET GREENS ARE MADE OF THESE • G BEET K  
CARROT MAGIC • **WELLNESS SHOT** • **GINGER SHOT**



JUICE QUANTITIES	1DAY	3DAY	5DAY	7DAY
SWEET GREENS	2	6	10	14
G-BEET-K	2	6	10	14
CARROT MAGIC	2	6	10	14
WELLNESS SHOT	1	3	5	7
GINGER SHOT	1	3	5	7

## WEIGHT LOSS

FEATURING - HARDER THAN GREEN • G-BEET-K • ONE IN A MELON  
SPICE UP YOUR LIFE • **GINGER SHOT**



JUICE QUANTITIES	1DAY	3DAY	5DAY	7DAY
HRDR THAN GRN	2	5	8	14
G-BEET-K	1	5	8	8
1 IN A MELON	1	3	6	8
SPICE UP YOUR LIFE	2	5	8	12
GINGER SHOT	2	6	10	14

**MINI - \$32**

**4 JUICES**

FOR MORNING + AFTERNOON

**1 DAY - \$48**

**6 JUICES**

**2 SHOTS**

**3DAY - \$144**

**18 JUICES**

**6 SHOTS**

**5DAY - \$240**

**30 JUICES**

**10 SHOTS**

**7DAY - \$336**

**42 JUICES**

**14 SHOTS**

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# JUICE CLEANSE PACKAGES

## IMMUNITY

FEATURING - HARDER THAN GREEN • SPICE UP YOUR LIFE  
CARROT MAGIC • **WELLNESS SHOT**



JUICE QUANTITIES	1DAY	3DAY	5DAY	7DAY
HRDR THAN GRN	2	6	10	14
SPICE UP YOUR LIFE	2	6	10	14
CARROT MAGIC	2	6	10	14
WELLNESS SHOT	2	6	10	14

## FRESH START SAMPLER

FEATURING - SPICE UP YOUR LIFE • ONE IN A MELON • G - BEET - K  
SWEET GREENS ARE MADE OF THESE • HARDER THAN GREEN  
24 CARROT MAGIC • **GINGER SHOT** • **WELLNESS SHOT**



JUICE QUANTITIES	1DAY	3DAY	5DAY	7DAY
SPICE UP YOUR LIFE	1	2	5	7
1 IN A MELON	1	2	5	7
G - BEET - K	1	2	5	7
SWT GREENS	1	4	5	7
HRD THAN GRN	1	4	5	7
CARROT MAGIC	1	4	5	7
SPICE UP YOUR LIFE	1	3	5	7
GINGER SHOT	1	3	5	7

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# JUICE CLEANSE PACKAGES

## CREATE YOUR OWN

**MINI - \$32**  
**CHOOSE ANY**  
**4 JUICES**

**1 DAY - \$48**  
**CHOOSE**  
**6 JUICES**  
**2 SHOTS**

**3DAY - \$144**  
**CHOOSE**  
**18 JUICES**  
**6 SHOTS**

**5DAY - \$240**  
**CHOOSE**  
**30 JUICES**  
**10 SHOTS**

**7DAY - \$336**  
**CHOOSE**  
**42 JUICES**  
**14 SHOTS**



GBK JUICE CLEANSE



# GBK JUICE CLEANSE

## ORDER FORM

### STEP 1

#### JUICE CLEANSE PACKAGE

**MINI - \$32**

**4 JUICES**

FOR MORNING + AFTERNOON

☐

**1DAY - \$48**

**6 JUICES**

**2SHOTS**

☐

**3DAY - \$144**

**18 JUICES**

**6 SHOTS**

☐

**5DAY - \$240**

**30 JUICES**

**10 SHOTS**

☐

**7DAY - \$336**

**42 JUICES**

**14 SHOTS**

☐

### STEP 2

#### JUICE CLEANSE TYPE:

[ ] DETOX

[ ] WEIGHT LOSS

[ ] IMMUNITY

[ ] FRESH START SAMPLER

#### [ ] CREATE YOUR OWN:

##### SELECT YOUR JUICES

- SPICE UP YOUR LIFE
- SWEET GREENS ARE MADE OF THESE
- G-BEET-K
- HARDER THAN GREEN
- 24-CARROT-MAGIC
- ONE IN A MELON
- CELERY JUICE

##### SELECT YOUR SHOTS

- GINGER
- WELLNESS
- TURMERIC

### STEP 3

#### CLEANSE.

GET YOUR JUICES + GET STARTED!

DOING A 5 OR 7 DAY CLEANSE? KEEP EM FRESH! GET HALF NOW - AND HALF LATER.

#### GUEST INFO

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

CLEANSE START DATE: \_\_\_\_\_

CLEANSE SOLD BY \_\_\_\_\_

GBK JUICE CLEANSE