

## Simple Green

### GREEN

Cucumber, Celery, Apple, Kale

### YOUTH

Kale, Celery, Apple, Pineapple

### IMMUNE

Organic Carrot, Orange, Ginger, Lemon

### LOVE

Beet, Apple, Lemon

### GINGERLY

Watermelon, Pear, Ginger, Lime

### SPICY LEMONADE

Water, Lemon, Apple, Honey,  
Ginger, Cayenne

+2 ELIXIRS

## Super Green

### BOOST

Cucumber, Ginger, Lemon, Mint

### DETOX

Cucumber, Celery, Beet, Parsley, Lemon

### LEAFY

Kale, Spinach, Collard Green, Celery, Lemon

### HEAL

Organic Carrot, Turmeric, Apple,  
Lemon, Watermelon

### GINGERLY

Watermelon, Pear, Ginger, Lime

### SPICY LEMONADE

Water, Lemon, Apple, Honey,  
Ginger, Cayenne

+2 ELIXIRS

**100% Fresh Pressed**

# How to grabbadetox

Order on our App or Online:  
**grabbagreen.com**

How many days do  
you want to detox?



**grabbadetox**  
6 Juices + 2 Elixirs  
for each day.

**Simple  
Green**

**Super  
Green**

**grabbagreen**   

# grabbadetox



**EAT  
CLEAN,  
grabbagreen**

Order on our App or visit:  
**grabbagreen.com**

# grabbadetoX

Six juices a day make up this nutrient-dense cleanse that floods your system with the vitamins of over **20 pounds of fruits and vegetables**, to healthily reboot your body.

Your **grabbadetoX** comes with six 16oz juices and two elixirs for each day of your 1, 2 or 3-day detox.

GrabbaDetox is available in **Simple Green** and **Super Green**. Simple Green is ideal for first-timers and those new to the GrabbaDetox. Super Green is ideal for regular juicers and those interested in a more intense cleanse.

## The **grabbadetoX** Family



## Extras

You may choose to supplement with additional bottles of juice, elixirs and water as desired based on your individual goals and activity levels.

## Preparing for **grabbadetoX**

### SIMPLIFY YOUR DIET

Limit the intake of processed foods and consumption of alcohol and caffeine.

### DURING DETOX YOU MAY EXPERIENCE

weight loss, fatigue, headache, irritability, bloating, bowel irregularity, skin changes.

### LIGHT EXERCISE IS RECOMMENDED

(yoga, swimming, walking) to stimulate metabolic activity.

### REINTRODUCE SOLID FOODS GRADUALLY

We recommend a smoothie or salad for your first post-cleanse meal. You may notice your palate has changed for the better!



**We recommend** drinking your elixirs one in the morning and one in the evening. Juices should be consumed approximately every two hours. Drink plenty of water between juices, amounting to no less than one gallon per day.

GrabbadetoX plans can take anywhere from an hour to a day to custom prepare from time order is received. To confirm a pick-up time, please call your nearest GrabbaGreen® location. Orders placed online will receive a confirmation call. **LEGAL WARNING:** This product has not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems. We do not employ health professionals or physicians and our Detox products are not a substitute for professional medical advice for the diagnosis, prevention or treatment of any health condition that you may have. Always seek the advice of your physician or other qualified health provider when undertaking significant dietary changes like Detox.