

MYKHA BERKAT

IN COLLABORATION WITH

CAPVILLE FOOD (M) SDN BHD

Jús Lab Cleanse

**CLEANSE YOUR BODY
NATURALLY**



Note : *Before starting any cleanse, make sure to consult your physician, especially if you have a medical condition like diabetes. Also, don't participate if you're pregnant or nursing. Detoxes are also not a substitute for medical diagnoses or treatment.*

THE BODY'S DETOX SYSTEM

For a detox diet to truly work, you need to maintain these three key organs by nourishing your body with the right nutrients, namely :

The Liver : Your first line of defence against toxins is your liver, which acts like a filter in preventing toxic substances contained in foods from passing into your blood stream.

The Colon : This organ has bacteria that produce both healthy and unhealthy chemicals. You want to keep your colon flowing regularly since its main role is to flush out toxic chemicals before they can do you any harm.

The Kidneys : Like clockwork, the kidneys are constantly filtering your blood and getting rid of toxins in the form of urine.

Today there are many detox diets that promise to help you lose weight, boost your energy levels and more. However, many popular detox diets, especially those that involve extreme low-calorie fasting, can rob the body of important nutrients and place the body in starvation mode, which actually slows your metabolism. Other downsides of many detox diets include: dehydration, fatigue, dizziness, nausea and even colon damage.

CLEANSE YOUR BODY NATURALLY

Natural cleansing involves flushing built up toxins and waste out of your body, leaving you feeling better than ever before. There are many natural methods you can use to detox and cleanse your system, varying from specific cleansing rituals which quickly clear out your system, to food, drink and lifestyle choices that you can sustain long-term. We believe cleansing is not only good for the body, mind and soul, but that it shouldn't interrupt your everyday life even when you're at your busiest. Our **Jús Lab** cleanses consist of six 250ml drinks of the most nutrient-dense cold-pressed juice and natural cleanse.

Each drink in your cleanse package is clearly labeled in order of when you should drink it, starting with drink one first thing in the morning, and ending with drink six at least two hours before you go to bed. Most of our customers find it works best to drink their juices two hours apart but listen to your body, it'll tell you what it needs. Each freshly squeezed juice is created to replace solid food and snacks, and while you're doing your **Jús Lab** Cleanse, you'll want to avoid energy drinks, caffeine and nicotine. Stay hydrated, the **Jús Lab** Cleanse will give your digestive system the break it needs to regenerate while simultaneously feeding your body.

MAKING THE MOST OF **Jús Lab** CLEANSE



NOTE:

For a 3-Days **Jús Lab** Cleanse programme, to include a 1-MEAL (limited to fruits and vegetables only) daily in the daily routine.

After day three, you can start reintroducing meat and dairy products if you want – but take it slow. Your system needs time to adjust.

Jús Lab CLEANSE

Juice 1 : **BREAKFAST JUICE** (7:00 am)



Pegaga
(Pennywort)



Epal
(Apple)



Saderi
(Celery)



Pasli
(Parsley)



Timun
(Cucumber)



Limau Kasturi
(Calamansi)

Juice 2 : **MID-MORNING JUICE** (10:00 am)



Tomato
(Tomato)



Epal
(Apple)



Pir
(Pear)



Lobak Merah
(Carrot)



Peria Katak
(Bitter Gourd)



Saderi
(Celery)



Pudina
(Mint)

Juice 3 : **LUNCH JUICE** (1:00 pm)



Labu Manis
(Pumpkin)



Nanas
(Pineapple)



Oren
(Orange)



Delima
(Pomegranate)



Markisa
(Passion Fruit)



Halia
(Ginger)

Juice 4 : **AFTERNOON SNACK JUICE** (4:00 pm)



Nanas
(Pineapple)



Lobak Merah
(Carrot)



Markisa
(Passion Fruit)



Pir
(Pear)



Delima
(Pomegranate)



Halia
(Ginger)

Juice 5 : **PRE-DINNER JUICE** (7:00 pm)



Labu Manis
(Pumpkin)



Epal
(Apple)



Lobak Merah
(Carrot)



Oren
(Orange)



Delima
(Pomegranate)



Halia
(Ginger)

Juice 6 : **BEFORE BED** (10:00 pm) - OPTIONAL



Almond Milk with Cocoa powder

THE **Jús Lab** CLEANSE PROGRAMME

FIVE JUICES DAILY + ONE OPTION:

Each day you will drink five juices. Depending on what time you wake up and go to bed, you will want to space your juices out every 2.5 ~ 3 hours. To get the best of your **Jús Lab** cleanse, we recommend an interval of three hours in-between each juice. For example, you might have your juices at 7:00 am, 10:00 am, 1:00 pm, 4:00 pm, and 7:00 pm with an optional of a refreshing Almond Milk drink about 2 hours before your bedtime.

DRINK UNLIMITED WATER AND HERBAL TEA:

During the cleanse you can drink as much water and herbal tea as you like about an hour after each juice. Do not add sweeteners to the tea, but lemon is fine. Carbonated water isn't recommended during most cleanses because it can cause bloating.

WORKING OUT:

You can keep up with your normal exercise routine during the cleanse as you will still have enough energy. However if you feel less energized, do an easier or shorter version of your workout or take a long walk instead.

PREFERENCE OF JUICES:

Depending on your preferences, order your juices ahead of time to ensure you have all the right juices before consuming them. All the juices are effectively labelled and keep them refrigerated until it's time to drink them. All the juices will last 3 days in the fridge.

PRE/POST JUICE CLEANSE:

Make sure to prepare your body before the cleanse by cutting out processed foods and sugars. Focus your eating primarily on fruits and vegetables. Similarly after the cleanse, focus on continuing your healthy eating with a focus on fruits and vegetables. Some people continue to replace 1~2 meals daily with a juice the first couple of days after the cleanse.

FREQUENTLY ASKED QUESTIONS

Q1: Isn't it true that our bodies are capable of cleansing naturally? If so, why should I partake in the cleansing trend?

A1: It is definitely true to say that our bodies cleanse naturally and constantly. We like to think of our cleanse programme as an occasional way to pause and reflect from hectic normal life routines. Historically cleansing was a way to bring balance back into people's lives..

Q2: Who should cleanse?

A2: Adults can benefit from a cleanse programme as a regular part of their lifestyle regimen but no more than once a month. Whether you are a stressed out workaholic or a stay-at-home mom, the truth is that life is no longer as simple as it once was. We are all busy and struggle to find time for ourselves and often our health suffers as a result. **Jús Lab** cleanse programmes are designed for adults to enjoy, even those who are lactose-intolerant and keep a vegetarian or gluten-free diet. Children under 18 should not participate in our cleansing programme.

** Please keep in mind that our cleanse programmes are NOT appropriate for those who are pregnant, breastfeeding, or suffer from certain medical conditions. Consult your health care provider before starting a cleanse programme if you have a medical condition or take medications. Please see questions 3 & 4 for more information.

Q3: What if I am pregnant or breastfeeding?

A3: Our cleanse programmes are designed for all healthy people; however, there are certain individuals who should not partake. If you are pregnant or breastfeeding, you should not restrict your diet to liquids, as you need extra calories and nutrients in your diet. Consult your health care professional if our drinks are right for you.

Q4: How many calories are in your juices?

A4: Although we don't believe in calorie counting, we know it is a constant concern for many individuals. Please don't think of our cleanse programmes as a weight reduction diet; we want to get you out of that mentality and into an understanding that our drinks, including our fresh-squeezed vegetable and fruit juices, give you increased water intake, soulful energy and optimal nourishment. That being said, most of our drinks range from 50~300 calories per bottle.

Q5: Will I really be able to handle a cleanse?

A5: While committing to a cleanse programme requires a level of dedication, it is not designed in any way to starve you. The goal is to feed you through highly nutritious liquids. You will benefit from the effects of our citrus drinks and green juices, and get an added boost of vitamins from our root- and almond-based drinks.

Q6: Am I going to lose weight on a cleanse?

A6: We try not to focus on weight loss as a goal but you might also find that the cleanse actually prompts your body to re-balance itself.

Q7: How does your juicer work?

A7: The HUROM® Slow Juicer quickly yet gently extracts juice from raw foods while preserving the cellular structure of those foods and delivering 4 times the absorption rate of crucial vitamins and minerals. Operating at only 80 RPMs the juice extractor efficiently processes a variety of raw fruits, vegetables, nuts and leafy greens to create delicious juices quickly and effortlessly. Heat-sensitive nutrients and live enzymes are retained resulting in juices that will energize and revitalize you.

Q8: Are the juices definitely fresh upon delivery?

A8: Your juices will be delivered straight to your doorstep in a recyclable cooler with ice packs. Just take them out of the cooler and put them straight into your fridge.

Q9: Can I add extra beverages to my day of cleansing?

A9: Yes, but stay away from carbonated drinks. You are more than welcome to add extra doses of water with lemon and herbal teas. And if you would like to order extra juices from our site to keep on hand for emergencies, feel free to go ahead and do so.

Q10: Can I exercise while on a cleanse?

A10: Definitely, just try to be gentle with yourself. You are still getting nutrition, but it is wise to beware of lower volume of foods. You will most likely find that you have lots of energy and if you so desire, go for a light jog or power walk around the neighbourhood.

Q11: Can I do work on a cleanse? What if I have to focus on important meetings?

A11: Don't worry about work, just go on with your normal life. Remember that your body and mind are getting nourishment with your day's intake already planned out leaving you with less focus on where or how you are getting your next meals.

Q12: Should I do a 3-day cleanse or a 5-day cleanse?

A12: This depends on what you would like to get out of the cleanse programme. You can always plan your cleanse for a period of time where you have some flexibility in your schedule and can make your body your top priority. Of course, you can always customise the programme to last even longer than 5 days if you so desire. Listen to your body. If you are inexperienced, we recommend starting with our Cleanse 1 programme for 3 days. You can always move up in your level, it is all about where you are when you are ready to embark on the experience.

Q13: How often can I cleanse?

A13: Do discuss with your health care professional on your needs and this can range from once a month to once every three to six months. However, we advocate making juices and drinks a part of your daily life, whether you are cleansing or not.