



# CLEANSE LEGEND

RECOMMENDED ORDER FOR DRINKING  
YOUR JUICES EACH DAY:

- 1 Greenleaf
- 2 Simple Greens
- 3 Green Lemonade
- 4 Sweetleaf
- 5 Green Limeade
- 6 Almond+Juice
- 7 Orangeleaf
- 8 Wondrous Punch
- 9 Orange Giant
- 10 Pineapple Express
- 11 G8
- 12 Spicyleaf
- 13 Cashew Milk



**DRINK  
LOW TO HIGH**

## YOU CAN'T FIND OUR JUICES IN A STORE

Why? Because we never artificially extend the shelf life, so all the essential vitamins, minerals and enzymes remain intact. Which means you get a powerhouse of nutritious goodness.

*\*Sediment at the bottom of some juices is just yummy ginger huddling together. Shake and enjoy.*



NO GMOS | NO HPP | NO PASTEURIZATION | NO ADDED SWEETENERS  
NO FAKE OR ALTERED ANYTHING



# TIPS AND GUIDELINES

**HERE ARE A FEW TIPS FOR GETTING THE BEST CLEANSE EXPERIENCE:**

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- 1 Our recommended order on the backside of this legend is just a suggested guide. Feel free to drink your juices in the order you choose. Above all, listen to your body and enjoy!
- 2 Refridgerate your juices and nut milks ASAP.
- 3 Shake well before drinking.
- 4 Drink all juices each day for full benefits.
- 5 Drink plenty of water.
- 6 Avoid alcohol and caffeine.
- 7 Want a hot beverage? Try some decaffeinated herbal teas.
- 8 Take it easy on heavy exercise.
- 9 Raw juice tastes best fresh, so drink it as soon as possible to get the optimal flavor.

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For our full cleanse guide and more visit:  
**[GREENLEAFJUICE.COM/FAQ](https://greenleafjuice.com/faq)**

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**PEARL DISTRICT**

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503.477.6406

**PIONEER SQUARE**

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**SE GRAND**

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**GREENLEAFJUICE.COM**

Questions? Contact us:  
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juicing company