

# EDGE

— BEYOND NUTRITION —

## The EDGE Cleanse Sheet

EDGE recommends you to have the following juices throughout the day to perform a Juice Cleanse

SET	TIME SLOT	300ml	125ml
Set 1	08:30am - 09:30am	Sacred	Upbeet
Set 2	11:00am - 12:00pm	Upspring	Sacred
Set 3	01:30pm - 02:30pm	Melonaire	Evergreen
Set 4	04:00pm - 05:00pm	Upbeet	Upspring
Set 5	06:00pm - 07:00pm	Melonaire	Evergreen
Set 6	08:00pm - 09:00pm	Evergreen	Upspring

**CONTAINS NATURAL SUGAR  
NOT RECOMMENDED FOR DIABETICS**

Kindly consult your physician if you are diabetic, allergic to certain vegetables/fruits or have a medical condition.

Contact if any query : 97 6767 0202

# DOs & DONTs

You are expected to follow the below mentioned Guidelines :

## Dos



1. Have warm water with Lemon juice first thing in the morning ( before the first juice )
2. Drink lots of water during the cleanse, especially during the intervals between two juice slots. If hunger prevails, have salads/raw fruits and vegetables
3. To avoid being nauseous from drinking cold juices throughout the day, keep the juices out for 30min to bring them at room temperature before you consume them.

## Don'ts



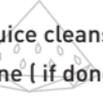
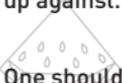
1. Avoid consuming meat, dairy products, high sugar, alcohol and ciggerettes a day or two before the cleanse day.
2. Avoid heavy workout session during a cleanse, although light workouts are fine.
3. Do not do a cleanse during a time of mental and physical stress. Your body and mind needs to be at peace for you to avoid the undesirable side effects.



# THE HOWs WHYs and WHENs of a Juice Cleanse

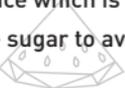
A Juice cleanse is for those of you who want to give their body a dose of nutritionally rich cold pressed juices at times when you feel your body may do away with solid food.

While the juice cleanse is not for anybody and everybody, one should note that for a person jumping directly into a liquid diet should know beforehand what they are putting their body up against.



One should know that the typical symptoms of a juice cleanse include an upset stomach, fatigue, dizziness, withdrawal symptoms of caffeine ( if done for a prolonged period ) and mood changes. Though you will lose some weight, most of it would be water weight and you will regain it once you are back on solid food.

Cold pressed juices in general are extremely dense in nutrition. Claims of these juices not having enough fiber is true. But at the same time, one should know that fibers contain no nutrition whatsoever! So more the juice, more the nutrition. For those of you who believe fiber is important for bowel movement and slow metabolism need to know that these juices do have naturally occurring soluble fibers which do exactly the same. We also do introduce seeds of various kinds to make sure your body gets the fiber it needs.



Even though we do not add any sugar to our juices, the naturally present sugar ( fructose ) is still a quickly absorbing sugar. Since our cleanse pack has 2.8 litres of juice which is to be consumed in a single day, we customize it to make sure we cut down on the sugar to avoid insulin spike.



EDGE is here to bring about positive changes in your life and it all starts by putting your body under a habit forming change. EDGE believes in promoting a healthy practice and make genuine claims. We do not believe that a 1 or 2 or a 3 day cleanse will help you lose weight or detoxify your body completely. We believe this cleanse is for you to kickstart adopting healthy practices and help you cut down on junk cravings.

---

If you have a medical condition, make sure that you consult your physician before doing a Juice Cleanse