

FEELING STUCK IN YOUR CURRENT HEALTH HABITS?

Looking for transformation or renewal? A juice cleanse is an evidence-based method to help your body heal itself and jumpstart the vibrant lifestyle God intends for you.



ANTIOX

ANTIOX JUICEBAR + WELLNESS

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Disclaimer: These statements have not been evaluated by the Food and Drug Administration. Always consult your physician before beginning any cleanse program. If you experience any pain or difficulty with this cleanse, stop and consult your healthcare provider.

JUICE
CLEANSE

ANTIOX




REPLENISH YOUR ANTIOXIDANTS

NOURISH RENEW

WHAT IS A JUICE CLEANSE?

A juice cleanse is a fast from solid foods while feasting on nutritious, plant-powered juices. At Antiox, we offer 1, 2, 3, and 5-day juice cleanses.

WHY DO A JUICE CLEANSE?

-  **REHYDRATION**
Supplies your body with 96 ounces of fluid each day
-  **NOURISHMENT**
Provides concentrated amounts of micronutrients from fruits and vegetables
-  **RENEWAL**
Eliminates excess body waste and harmful toxins that drive inflammation
-  **PROTECTION**
Boosts the immune system against infections and improves overall health to help prevent common lifestyle diseases
-  **DIGESTION**
Rebalances gut flora, alleviates constipation, and reduces bloating
-  **ENERGY**
Heightens mood and vitality without caffeine
-  **WEIGHT LOSS**
Resets your taste buds to decrease cravings, making it easier to cultivate healthier eating habits and ultimately lose those pesky excess pounds



THE JUICE CLEANSE METHOD

- » Begin the day with warm lemon water on an empty stomach.
- » Enjoy 6 Antiox Organic Cold-Pressed Juices throughout the day in place of meals. Drink one every 2 to 3 hours.
- » Keep yourself hydrated with plenty of water between each juice.
- » Drink your last juice no later than 1 hour before bedtime.
- » Avoid alcohol, caffeine, heavy exercising, and highly stressful situations during the cleanse.
- » Incorporate some relaxing and healing activities into your daily routine, such as going for a walk in nature, reading uplifting books (e.g. the Bible), getting a massage, or trying out our rejuvenating steam pod.

WHAT THE JUICE CLEANSE INCLUDES:

- » **6 100% Organic Cold-Pressed Juices** for each day of the cleanse.
- » **The Antiox Juice Cleanse Guide** to help you successfully prepare for the cleanse, complete it, and transition back to solid food. We will guide you step by step so that you continue to feel the benefits of the cleanse and maximize its effectiveness in your lifestyle changes.

A BETTER WAY TO TAKE CARE OF YOUR BODY

"I completed my first 3-day cleanse and I feel AMAZING!!"

— *Google Reviewer*

"The juices were awesome to help me get going on the 21-day Transformative Eight (T8) weight loss program." — T8 client

JUICE CLEANSE PACKAGES

Half-Day Cleanse	\$38	4 cold-pressed juices
1-Day Cleanse	\$55	6 cold-pressed juices
2-Day Cleanse	\$108	12 cold-pressed juices
3-Day Cleanse	\$160	18 cold-pressed juices
5-Day Cleanse	\$240	30 cold-pressed juices

Life is too short to not live at your full potential! Our juice cleanses are part of the Antiox approach to help you achieve optimum health.

READY TO TRY OUR JUICE CLEANSE?

Call us now at (240) 420-1800 or email us at info@antioxtreatments.com. We can't wait to hear from you!

**Please notify us 24 hours in advance of planned pick up.*

PROTECTED