



ONE CO.
IMMUNITY CLEANSE





YOUR IMMUNITY CLEANSE

BENEFITS OF CLEANSING / DETOXING

A juice cleanse works by eliminating all the 'bad stuff' we consume on a daily basis from your diet. A juice cleanse provides you with all the vitamins and nutrients you need to detox and to restore your body and your gut to a healthy state, whilst also helping you to lose weight by restricting your calorie intake.

WELCOME TO YOUR DETOX

Drink the eight juices in 1-2 hour increments throughout the day, ideally in the following order:

1. BALANCE JUICE



2. FLAMERIZER



3. RED JUICE



4. PROBIOTIC JUICE



5. TURMERIC JUICE



6. GREEN JUICE



7. IMMUNITY



8. HEALTH SOUP



Our juices are made from fresh, locally sourced fruit and vegetables. Our recipes have been carefully designed to provide you with a healthy boost of energy and are crafted to provide you with an ideal meal replacement!

You'll see the best results if you cut out all the bad stuff. No alcohol, no caffeine, and no other solid food while you're detoxing! If you do feel the need to eat, Try a light vegetable broth.

Should you have any urgent questions during the cleanse contact us on oline@one-juice.com, reach out to us on our social media pages, look at the FAQ section in the About Us handbook or visit our website which has lots of useful information.