

WE JUICE SMART

||

We don't compromise. When it comes to your health and wellness, we never take shortcuts

From busy homes to executive offices, our juices power health-conscious go-getters to kick unhealthy habits, lose weight, gain more mental clarity, increase energy and maximize overall wellbeing

## Detox Your Body. Transform Your Life. That's What We Did...

Cold Press Index is an established 8-Star Juicery in Singapore that is focused on your well being. We are obsessed with juicing and have helped thousands of Singaporeans to detox their bodies and transform their lives.

We want to encourage you to live your most vibrant life, to let SHIT go, detox your body and transform your life. It is really time to get into the best shape of your life!

## Let's Connect

### Customer Service + Orders

concierge@coldpressindex.com  
+65 97298338

### Socials

Instagram: @coldpressindex  
Facebook: @coldpressindexsg  
TikTok: @coldpressindex  
LinkedIn: Cold Press Index

### Shop Online

www.coldpressindex.com

## Get The Glow




LIVE YOUR MOST VIBRANT LIFE

## Cold Press Index


# Juice Cleanse


# Let's Get Started


## Before The Cleanse

 Avoid junk food, eliminate refined carbs, processed meat, sugary food, say no to coffee (acidic) and get quality sleep.


## During The Cleanse


 Consume all six juices in one day - as a complete meal replacement (liquid diet). Drink a juice every 2 hours. Have some almonds, warm broth, fruits, veggies if you are feeling hungry! Remember to listen to your body.

 Ease up on strenuous exercise. Get high quality sleep. Meditate and stretch. Commit 100%.


 The support you deserve. We know that your health is your most precious asset. It's our most important priority when serving you to make sure that your needs are well taken care of.


## After The Cleanse


 Work towards high nutrient eating. Complex carbohydrates (brown rice, whole wheat pasta), green and cruciferous vegetables; fresh fruits, beans/legumes, raw nuts, seeds, avocados, starchy/non-starchy veggies. High quality protein


 Wake up before sunrise. 4-5 workouts per week (preferably in the morning). 2-3 litres water daily. Do more of the things you love.

## How many days should I do?

 A refresh, debloat, increased energy + glowing skin

 Expect to see natural fat burning take place with up to 2-5kg weight loss.

 Gut health reset + deeper fat loss results. Expect to naturally burn away excess fat and experience significantly improved digestion

 Transformational. Deeper fat + toxin loss. Ditch naughty cravings. The reboot to get you in the best shape of your life!

# Naturopathically Designed



Cleanse 1 - General Immunity & Energy (50\$/day)

If you're new to cleansing, this is the juice cleanse for you. Great-tasting, no green juices and non-intimidating.

Go Away Doc (R1) | Energiser (F2) | Immunity (R2) Sports Juice (R3) | Glow (F1) | Refresh (F3)



Cleanse 2 - Weight Loss & Normalize Digestion (50\$/day)

Our signature program - a light, sweeter selection for raw juice lovers who prefer a splash of fruit with their veggies.

Green Shield (G1) | Immunity (R2) | Garden Party (G2) Sports Juice (R3) | Go Away Doc (R1) | Glow (F1)



Cleanse 3 - Weight Loss & Lymphatic Cleanse (55\$/day)

This cleanse has the lowest glycemic index and will provide an advanced reset - with green juices providing essential nutrients for a deep health overhaul.

Medical Medium (G3) | Medical Medium (G3) | Green Shield (G1) Sports Juice (R1) | Garden Party (G2) | Green Shield (G1)



## ||

When you eat mostly high-nutrient food, the body ages slower and is armed to prevent and reverse many common illnesses

We're here to do all the hard work for you

# The Health Benefits



Rid the body of toxins



Jump-start weight loss and healthy eating habits



Give your digestive systems a rest



Rehydrate which improves energy and skin tone



Reduce chronic inflammation



Help with autoimmune diseases



Help determine food sensitivities

