

## Cold Pressed Juice

\$7.95

<b>UNITY 12</b>	PARSLEY, SPINACH, KALE, ROMAINE, CELERY, CUCUMBER, APPLE, LEMON, CARROT, BEET, CAYENNE, GINGER
<b>GREEN # 1</b>	APPLE, CUCUMBER, ROMAINE, KALE, PEAR
<b>GREEN # 2</b>	LEMON, APPLE, KALE, CUCUMBER, PARSLEY, CELERY, SPINACH, ROMAINE
<b>GREEEN # 3</b>	KALE 2X, CUCUMBER, PARSLEY 2X, CELERY, SPINACH 2X, ROMAINE
<b>GLOW</b>	ALOE VERA, APPLE, CUCUMBER, GREEN PEPPER
<b>BLISS</b>	CINNAMON, APPLE, COCONUT
<b>ENHANCE</b>	COCONUT H2O, CACAO, COCONUT
<b>ROSY AURA</b>	ROSE WATER, CANTALOUPE
<b>deSTRESS</b>	COCONUT, APPLE, STRAWBERRY
<b>TRINITY TWIST</b>	LEMON, APPLE, CARROT, BEET
<b>STRENGTH</b>	KALE, CARROT, BEET, APPLE, LEMON, TURMERIC
<b>VITALITY</b>	CARROT, GINGER
<b>SKINNY</b>	CARROT, CANTALOUPE, GINGER
<b>RELAX</b>	CARROT, COCONUT, GINGER, LEMON
<b>PROTEIN POWER</b>	VANILLA, DATE, RAW ALMOND
<b>MOD-IFY</b>	APPLE, STRAWBERRY, PEAR
<b>MASTER CLEANSE</b>	WATER, AGAVE, LEMON, CAYENNE
<b>SLIM MASTER</b>	WATER, STEVIA, LEMON, CAYENNE
<b>PEACEFUL</b>	MINT, APPLE, PINEAPPLE
<b>HARMONY</b>	GINGER, LEMON, APPLE
<b>HAPPY</b>	PINEAPPLE, PEAR, GINGER, MINT
<b>YOUNG COCONUT</b>	YOUNG COCONUT WATER

## Ageless Wonders

\$7.95

<b>CHIA SEED</b>	ALKALINE WATER, MINT, APPLE CIDER VINEGAR, AGAVE, CHIA SEED
<b>KHAK SHIR</b>	ALKALINE WATER, MINT, ROSE WATER, AGAVE, MUGWORT SEED

## Better Than Water

\$5.50

<b>CHLOROPHYLL</b>	ALKALINE WATER, CHLOROPHYLL
<b>ALOE VERA</b>	ALKALINE WATER, ALOE VERA
<b>LAVENDER</b>	ALKALINE WATER, LAVENDER OIL
<b>PEPPERMINT</b>	ALKALINE WATER, PEPPERMINT OIL
<b>LEMON</b>	ALKALINE WATER, LEMON OIL
<b>GOLAB</b>	ALKALINE WATER, ROSE WATER
<b>SWEETHEART</b>	ALKALINE WATER, CEYLON CINNAMON STICK

## Premium Detox

\$10.95

<b>SERENITY</b>	TURMERIC, LEMON, AGAVE, GINGER, CAYENNE
<b>ENLIGHTEN</b>	GOJI BERRY, BEET, LEMON, APPLE, CARROT, HIMALAYAN SALT
<b>CLARITY</b>	SPIRULINA, KALE, CUCUMBER, PARSLEY, CELERY, SPINACH, ROMAINE, LEMON, CHLOROPHYLL, ALOE VERA, GINGER, HIMALAYAN SALT
<b>BALANCE</b>	ALMOND, VANILLA, DATE, FLAX MEAL, PLANT PROTEIN
<b>NOURISH</b>	YAM GARNET, APPLE, CARROT, CINNAMON, MACA
<b>SYNCHRONIZE</b>	DANDELION, KALE, CILANTRO, PEAR, PINEAPPLE, JALAPENO, FENNEL, BASIL, TURMERIC, MINT, CUCUMBER, PARSLEY, CELERY, SPINACH, ROMAINE, LEMON, HIMALAYAN SALT
<b>LIQUID GOLD</b>	RAW HONEY, TURMERIC
<b>ILLUMINATE</b>	ORANGE, APPLE, PINEAPPLE, CARROT, LEMON, TURMERIC, CINNAMON
<b>MARJAN'S FAVORITE</b>	CHLOROPHYLL, PINEAPPLE, ALOE VERA, CUCUMBER, ROMAINE, PARSLEY, SPINACH, TURMERIC, CHIA SEEDS
<b>50 SHADES OF GREEN</b>	KALE, CUCUMBER, CELERY, PARSLEY, LETTUCE, DANDELION, MIXED GREENS, BASIL, CILANTRO, MINT, SPINACH, DILL, FENNEL, GREEN PEPPER, WHEAT GRASS, GREEN CHILE, SPIRULINA, CHLOROPHYLL

## Performance

\$9.95

<b>ENDURANCE</b>	AVOCADO, BANANA, ORANGE JUICE, ROMAINE, SPINACH, CELERY, PARSLEY, CUCUMBER, KALE, PROBIOTIC YOGURT, GREEN WELLNESS PROTEIN POWDER, PINK HIMALAYAN SALT
<b>TENACITY</b>	STRAWBERRY, APPLE, PINEAPPLE, BANANA, COCONUT OIL, MINT, BERRY BLOSSOM PROTEIN POWDER, LEMON, PINK HIMALAYAN SALT
<b>RESILIENCE</b>	BANANA, ALMOND MILK, COCONUT OIL, ALMOND BUTTER, CACAO PASSION PROTEIN POWDER, VANILLA POWDER, LEMON, PINK HIMALAYAN SALT

## Tonic

\$4.95

<b>ANTIBIOTIC</b>	LEMON, GARLIC, GINGER, HIMALAYAN SALT, ALKALINE WATER, OREGANO OIL
<b>FEEL BETTER</b>	LEMON, CAYENNE, HIMALAYAN SALT, GINGER, TURMERIC, ECHINACEA
<b>SLEEP</b>	ALKALINE WATER, KAVA, REISHI, VALERIAN
<b>LAUGHTER</b>	ALKALINE WATER, IRANIAN SAFFRON, RAW HONEY
<b>SUPER GREEN</b>	LIQUID CHLOROPHYLL, OXYGEN, SPIRULINA, PEPPERMINT
<b>ENERGY</b>	CACAO, CAYENNE, COLD PRESSED ESPRESSO, COCONUT SUGAR
<b>PROTEIN SHOT</b>	ALMOND MILK, ALMOND, MACA, FLAX SEED, CHIA SEEDS, PLANT PROTEIN, CINNAMON
<b>SKIN</b>	ALOE VERA, CUCUMBER, CHIA SEEDS, ORANGE JUICE, LEMON
<b>CANDIDA</b>	APPLE CIDER VINEGAR, GINGER, CAYENNE, OREGANO OIL, PAU D'ARCO, SALT
<b>DECONGESTANT</b>	HONEY, LEMON JUICE, RADISH, GARLIC, RED ONION
<b>HEART EXPANDER</b>	ROSE WATER, COCONUT, BEET, HIBISCUS EXTRACT, HAWTHORNE BERRY EXTRACT, BACH STAR OF BETHLEHEM ESSENCE
<b>VITAMIN C</b>	CAMU CAMU, PINEAPPLE, ORANGE, STRAWBERRY, LEMON, LIME

## Pressed Nut Mylk

\$10.95

<b>ALMOND</b>	VANILLA, DATE, ALMONDS
<b>WALNUT</b>	VANILLA, DATE, WALNUTS
<b>CASHEW</b>	VANILLA, DATE, CASHEWS

## Lemonade

\$7.95

<b>LIMONANA</b>	ALKALINE WATER, LEMON, MINT, RAW CANE SUGAR
<b>LIMOKELA</b>	ALKALINE WATER, LEMON, KALE, RAW CANE SUGAR
<b>LIMOBERA</b>	ALKALINE WATER, STRAWBERRY, LEMON, RAW CANE SUGAR

## Cold Pressed Coffee

\$5.50

## Snacks

\$7.95

<b>KALE CHIPS</b>	KALE, LEMON, SALT, OLIVE OIL, CAYENNE, ALMONDS, RED CHILI PEPPER
<b>NACHO KALE CHIPS</b>	KALE, LEMON, SALT, OLIVE OIL, CAYENNE, ALMONDS, RED CHILI PEPPER, GARLIC, ONION, OREGANO, CUMIN, TURMERIC, TOMATO
<b>NUT CHIPS</b>	TOMATO, FLAX SEED, SUNFLOWER SEED, PUMPKIN SEED, KHAK SHIR, BASIL, OREGANO, CHIPOTLE
<b>COCO APPLE CRISP</b>	APPLE, ALMOND, COCONUT FLAKES

## Persian Yogurt

\$7.95

<b>PROBIOTIC</b>	CINNAMON, VANILLA
<b>RAW CACAO</b>	RAW CACAO, COCONUT
<b>STRAWBERRY</b>	STRAWBERRY

## Nuts

\$7.95

<b>RAW MEDITERRANEAN ALMOND</b>	ALMOND, GARLIC, HIMALAYAN SALT, TURMERIC, LEMON, ONION, CAYENNE, OLIVE OIL
<b>RAW GREEN CASHEW</b>	CASHEW, COCONUT OIL, SPIRULINA, HONEY, HIMALAYAN SALT, CINNAMON, ALMONDS, CHLOROPHYLL
<b>RAW CACAO WALNUT DIVINE</b>	WALNUT, CACAO, AGAVE, MACA, MESQUITE, HIMALAYAN SALT, COCONUT OIL
<b>RAW MEDITERRANEAN PISTACHIO</b>	PISTACHIO, ONION, CAYENNE, OLIVE OIL, TURMERIC, HIMALAYAN SALT, LEMON, GARLIC

## Power Truffles

\$2.95

# Locations

### Santa Monica

1023 Montana Ave. Santa Monica, CA 90403

### Venice

1202 Abbot Kinney Blvd. Venice, CA 90291

### Beverly Hills

9465 Charleville Blvd. Beverly Hills, CA 90212

### North Beverly Hills

9609 S. Santa Monica Blvd. Beverly Hills, CA 90210

### Toluca Lake

10115 Riverside Dr. Los Angeles, CA 91062

### Brentwood

151 S. Barrington Pl. Los Angeles, CA 90049

### El Segundo

503 Main St. El Segundo, CA 90245

### Marina Del Rey

4716 1/2 Admiralty Way. Marina Del Rey, CA 90292

### Manhattan Beach

1300 Highland Ave., Suite 110 Manhattan Beach, CA 90266

### North Manhattan Beach

3516 Highland Ave. Manhattan Beach, CA 90266



# To Go + Kleanse Menu



ORGANIC RAW GLUTEN FREE FAIR TRADE  
NEVER PASTEURIZED, SO NEVER SHIPPED NATIONALLY

KreationJuice.com

@KreationJuice /KreationJuice @KreationJuice



# Kleanse Quiz

- YES NO** I have previously tried juice-based Kleanse programs
- YES NO** I seldom feel sluggish after a major meal
- YES NO** I keep my body hydrated by drinking at least 8 glasses of water a day
- YES NO** I avoid eating starchy foods such as pasta, rice or bread
- YES NO** I avoid drinking soda or other caffeinated or sugary drinks
- YES NO** I eat home-cooked meals or eat a healthy meal at a restaurant
- YES NO** I don't combine proteins (meat, chicken and fish) and Carbohydrates (rice, potatoes and bread) in my meals
- YES NO** I seldom crave coffee, sugar or alcohol
- YES NO** I have a regular exercise plan (at least 2 to 4 times a week)
- YES NO** I try to eat a large salad everyday
- YES NO** I am within a few pounds of my ideal weight
- YES NO** I would rather watch what I eat today than to indulge and "burn it off" the next day
- YES NO** I include at least 2 servings of fresh fruit in my daily diet
- YES NO** I avoid foods that take away my energy
- YES NO** I don't smoke
- YES NO** I limit consumption of alcohol to less than a drink a day
- YES NO** If I am having a dessert, I choose fruits over sweets
- YES NO** Overall, I live a healthy lifestyle

## Results

- YES** >12 Premium Detox
- YES** 10 - 12 Flourish
- YES** 5 - 10 Grounding
- YES** <5 Reboot

## Which Kleanse Is Right For Me?

**+ 2 Waters**  
**CHLOROPHYLL**  
**ALOE VERA**  
**LAVENDER**  
**PEPPERMINT**  
**LEMON**

BETTER THAN WATER



### Reboot

Level 1

Intended for the beginner, the Reboot combines our Master Cleanse juice with several fruit juices and a single green juice. While you receive all the required calories and nutrition from approximately 15 pounds of fruits and vegetables, you experience the benefits of juice-based Kleansing and can move up to other levels of Kleanses.



### Grounding

Level 2

Adding one more green juice will intensify the Kleansing process and detoxification in your body. If you liked the experience of a cleaner more energized body with our level 1 Kleanse, Reboot, you will love it with the stronger Grounding, our level 2 Kleanse.

- 1 Select Your Level
- 2 Choose How Long
- 3 Schedule Start



### Flourish

Level 3

Flourish is our strongest Kleanse package with a combination of mostly green juices and our unique Master Kleanse juice. Flourish penetrates to the cellular level for the fullest Kleansing and detoxification experience that leaves you with an amazing feeling of health and vibrancy.



### Premium Detox

Premium Detox gives your Kleanse the ultimate boost. Featuring Superfood add-ons and premium ingredients in each juice.



## What to Expect

Day 1

Feeling a little tired and hungry is normal for the first day. These are just some typical symptoms of your body's reaction to starting the cleansing process. Your body will adjust to these changes over the next couple of days.

Day 2

Your body is still in the adjustment process. You may be feeling the same symptoms as day 1, and possibly even some weakness and irritability. But not to worry! The toxins will slowly begin to leave your body. You also may experience some sweating. Again, these are all typical reactions. To help with the irritability, try a light physical activity such as walking. Going outside and getting fresh air is great way to relieve stress and irritability in general as well.

Day 3

As the toxins begin to move through your body, you may find yourself becoming slightly more sensitive. The good news is that you will begin to feel less hungry and your energy will pick up.

Day 4

The hunger will subside even more. You may also find that you are still sensitive. Again, this is a result of the toxins moving through your body. The best things for you at this time are hot showers, steams and body scrubs. You will begin to feel stronger.

Day 5

You may still be feeling some of day 4's symptoms. Additionally, today is the day you will finally hit a turning point and start sensing feelings of euphoria. Your body will begin the process of feeling vibrant, lively and energetic.

Day 6

Your energy will continue to increase. Your body will have an enhanced sense of health and wellbeing. Your skin will begin to glow. The last of the toxins are leaving your body.

Day 7

Congratulations! Your body will finally be cleansed and clean of toxic buildup that has been weighing you down. You may find yourself feeling clear minded, having heightened senses, and a connection with your mind, body, and spirit.



## Kleansing Tips

Pick your Kleanse and prepare:

Before you begin the cleanse, decide what level of cleanse you will need. We recommend you take our quiz to determine exactly what level cleanse is best for you personally. To maximize your results, you should attempt to alkalize your body as much as possible. Some healthy alkaline foods that can help include green juices, vegetable soups, fresh avocado, flexi oil, brown rice and soaked almonds. Try to choose your cleanse and prepare 3-5 days before you begin the program.

Take a Detoxification Bath:

The skin is the largest cleansing organ in the body. When you sweat, your skin eliminates more toxins and waste than the colon and kidneys combined! During your cleanse, every 2 days try to soak with 1-2 cups of Epsom salt, mineral salts or sea salts for about 15 minutes. What happens is that the Epsom salt draws lactic acid out of the muscle and the sulfur elements help detoxify and draw the acid and toxins out of your body.

Visit the Sauna:

Spending about 30 minutes in a sauna will stimulate the therapeutic sweating you will experience during the cleanse and will allow the skin to act as a third kidney.

Dry Brushing:

Dry brushing will open up the pores on your skin and allow for optimal performance of your sweat glands. This can accentuate the process of eliminating acids from the cells in your body. Keep in mind that your skin can eliminate more than one pound of waste acid each day from your body. Dry brushing is especially effective after a shower, bath, or trip to the sauna.

Acupuncture or Acupressure:

Often times these treatments are used to heal or help a variety of symptoms that cause discomfort. During your cleanse you may find these treatments helpful in relieving headaches and other symptoms you may have.

Breathe Properly:

Getting fresh air is important for a healthy mind and body, but breathing properly is also an important factor that is often overlooked. Breathing from the diaphragm often accelerates the removal of physical and emotional waste and will help give you relief and clarity. This can also reduce anxiety and help remove the carbon dioxide from your respiratory system. Try taking a few seconds every day to relax and take a few deep breaths.

If you have any questions about these tips and techniques don't hesitate to ask us! There are also a number of helpful sites on the Internet including <http://americanutra.com> with excellent information about juice-based cleansing. Finally, make sure to consult with your doctor or nutritionist before you start your Kleanse.