



## Raw Replenish JUICE CLEANSE FAQ's

### DO I NEED TO PRE ORDER?

Most cafés can do next day pick up if orders are placed by 2pm. Please consult with your local cafe's online ordering website to confirm pick up, store closures for holidays or weekend hours. You can place your order up to 14 days in advance.

### WHICH CLEANSE SHOULD I DO?

We recommend our 3-Day cleanse to start if you are looking for a clean break from unhealthy eating patterns. If you are looking to reduce some bloat but otherwise eat healthy, a 1-Day cleanse may be a good option.

You can always add more days. Our 5-Day is a perfect choice if you do great with our 3-Day and are ready for a more drastic result.

### CAN YOU CUSTOMIZE THE JUICES DUE TO SENSITIVITIES / ALLERGIES?

Yes. Please leave us detailed special instructions so we can ensure a safe cleansing experience. We will contact you if we cannot fulfill your requests or have further questions.

### ARE JUICE CLEANSES REFUNDABLE OR EXCHANGEABLE?

We are not able to refund or exchange juices due to the safe handling procedures necessary with raw ingredients. Please review all ingredients prior to purchase.

If you are sensitive to spices please let us know in advance so we can customize or omit certain ingredients. If your bottle is damaged or tampered with please bring the bottle back for a same item replacement at no cost.

### WILL I NEED A BATHROOM NEARBY DURING MY CLEANSE?

Every person's body receives the juices differently. Our cleanse isn't designed to "clean you out". However, you may experience some loose stools initially as your body adapts to the volume of plant extract consumed.

### WHAT CAN I EXPECT IN THREE AND FIVE DAYS?

Result may vary from person to person, but generally customers report:

More Energy • Less Cravings • Water Weight Loss • Better Sleep  
• Reduced Puffiness • Joint / Muscle Pain Reduced • Better Mood • Boost In Motivation • Curbed Hunger.

Some people experience headache and fatigue. This is often resolved with some electrolyte support. We recommend a sprinkle of Redmonds Sea Salt in 8 to 12 ounce of filtered water. Unsweetened coconut water is a great electrolyte support as well.

### IF I HAVE MORE QUESTIONS OR NEED ADDITIONAL SUPPORT WHO CAN I CONTACT?

We want you to feel confident in the investment of your health. Please email [info@rawreplenish.com](mailto:info@rawreplenish.com) for any questions.

### CAN I TAKE MY PRESCRIBED MEDICATION AND OR VITAMINS AND OTHER SUPPLEMENTS?

Yes. Please consult with your health care provider prior to starting our cleanse. Please continue to take your prescribed medication with your physician's guidance and approval. You don't need to continue with your multi-vitamin supplement during your cleanse if it's not prescribed by your doctor. You will be receiving a broad spectrum of vitamins and minerals in your cleanse juices.

### CAN I EAT SOLID FOODS AND DRINK COFFEE AND TEA?

You know your body best. If you need to eat something, we recommend raw nuts, fresh veggies, and even a salad with a sugar free / dairy free house made dressing. We ask that you avoid dairy, animal products, and refined sugar during your cleanse. Black coffee and tea are OK. Liquid IV packet in filtered water is OK.

Email: [info@rawreplenish.com](mailto:info@rawreplenish.com) for further inquiries, or call your local Raw Replenish.