

## INGREDIENTS:

SERVES 1/2 PEOPLE :

- 1 1/2 apples
- 2 1/2 beets
- 1/3 lemon
- 1 inch raw ginger
- 1/4 cup coconut water

## HOW TO PREPARE:

### STEP 1:

Gently wash beets and apples, making sure to remove any dirt from the beets.

### STEP 2:

Juice the gingerroot first, followed by the beets and then the apples.

### STEP 3:

After juicing, mix in fresh juice from the lemon and coconut water. You may juice the lemon but removing the rind beforehand will eliminate the tart rind taste.

### STEP 4:

Pour in glasses (add ice if preferred)

### STEP 5:

Drink up!

### STEP 6:

It's best to consume fresh beet juice within the day, but if stored in the refrigerator, this juice will last 2-3 days.



## How To Use:

Take 1 capsule, 1 to 3 times per day or as required.

**YOU CAN ALSO TRY OUR  
LIVER CLEANSE FOR  
SIMILAR IF NOT BETTER  
RESULTS!**

