



Pura Organic Healthy Juice Programs



(4 to choose from)

(Organic because you can't detox with toxins!)

Price: 1 Day 1,200, 5 Days 5,900, 7 Days 8,200, 10 Days 11,600 THB

Average Daily nutrition of a juice day:

Calories about 1,000* Carbohydrates about 200 grams Fat about 8 grams Protein about 40 grams Sodium about 800 mg

*1,000 calories are sufficient and include an overdose of all the vitamins and minerals your body requires

(1) "Base Program":

- #01 **Opening** Sweet Potato, Pumpkin, Carrot, Pineapple, Cucumber
 - #02 **Rehydrate** Coconut Water, Wheatgrass Powder, Flaxseed Oil and Chia Seeds
 - #03 **Green** Kale, Pineapple and Cucumber
 - #04 **Attention** Beetroot, Kale, Passion fruit, Cucumber and Butternut
 - #05 **Nourish** Celery, Kale, Cucumber, Papaya and Coriander
 - #06 **Immune** Kale, Turmeric, Sweet Potato, Papaya, Butternut and Cucumber
 - #07 **Cool** Asparagus, Kale, Papaya, Cucumber and Mint
- (did you spot the sequence of the capital letters..... " O R G A N I C ".....)

(2) "Weight loss"

(Bottles #1 through #5 of the Base program + a selection of 2 from the 4 below (our choice))

- #08 **Eliminator** Aloe Vera, Coconut Water and Chia Seeds
- #09 **Up** Beetroot, Carrot, Pineapple and Lime
- #10 **Lyco** Tomato, Thai Basil, Mild chili, Pepper and Cayenne
- #11 **Euphoria** Pumpkin, Papaya or Pineapple and Cassia (not organic)

(3) "Detox" (Bottles 1 to 5 of base program plus 2 from the below 4)

(Bottles #1 through #5 of the Base program + a selection of 2 from the 4 below (our choice))

- #19 **Alert** Pomelo or Pineapple, Beetroot, Ginger and Lime
- #20 **Hydrator** Activated charcoal, Coconut Water, Kaffir Lime, Mint, Lemongrass, a healthy Superpowder & a little raw honey
- #21 **Tomthai** Tomato, Thai Basil, Coconut Oil, Himalayan Sea Salt and Pepper
- #22 **Tranquility** Cucumber, Butternut, Pineapple, Lime and Cinnamon

(4) "A day of health" (partly juices partly healthy solids):

4 Bottles of Juice (selected from the above)

- #39 **"Farmfresh"** A selection of seasonal raw vegetables and fruits
- #40 **"Salad"** An organic Gourmet Salad with a selection #42 below
- #41 **"Energy"** 2 Energy Bars (Not 100% organic)
- #42 **"Nuts & Co."** A selection of Nuts, Dried Fruits & Seeds (Not 100% organic)

Optional

- #23 **Intense** A Pineapple and Basil Juice (110 THB)
- #24 **Crisp** A Papaya, Lime, Mint and Ginger Juice (110 THB)
- #25 **Nut** A Nut Milk (not organic) (199 THB)
- #26 **Lime** A Lime only juice (300 THB)
- #27 **Beet passion** A Beetroot and Passionfruit Juice (179 THB)
- #28 **Health Push** All juices topped up with a selection of superfood powders/extracts (per day: + 200 THB)

Note: produce used for each juice may vary due to availability and/or as quality of produce changes due to growing conditions