

FILMORE & UNION

JUICE

AND

SOUP

CLEANSE

INFORMATION PACK

FILMORE & UNION

JUICE AND SOUP CLEANSES



WHAT IS A CLEANSE?

Being on a cleanse means you only consume the juice of fruit and vegetables over a short term period in order to regain vitality and kick-start healthy eating habits.

The cleanse concept has become extremely popular over the past few years as a way of gently rebooting the system after a period of indulging on high sugar, fat-laden foods and alcohol. Our cleanse programmes are a great way for you to kick-start your health goals!

THE BENEFITS OF A CLEANSE:

When you consume more fruit and vegetables, your system is flooded with an abundance of vitamins and minerals that help your body stay strong, look beautiful and fight disease.

The body can benefit in many ways from the cleanse, including:

- Improving complexion
- Reducing bloating
- Easing the digestive system
- Promoting detoxification
- Increasing energy levels
- Kick-starting weight loss
- Reducing sugar cravings

GETTING STARTED

Call into your nearest Filmore and Union store to choose your preferred cleanse and start date. Payment will be required at this time in order to receive your cleanse confirmation and starter pack.

ALTERNATIVELY, EMAIL US AT
RETAIL@FILMOREANDUNION.CO.UK
WITH YOUR FULL CONTACT DETAILS.

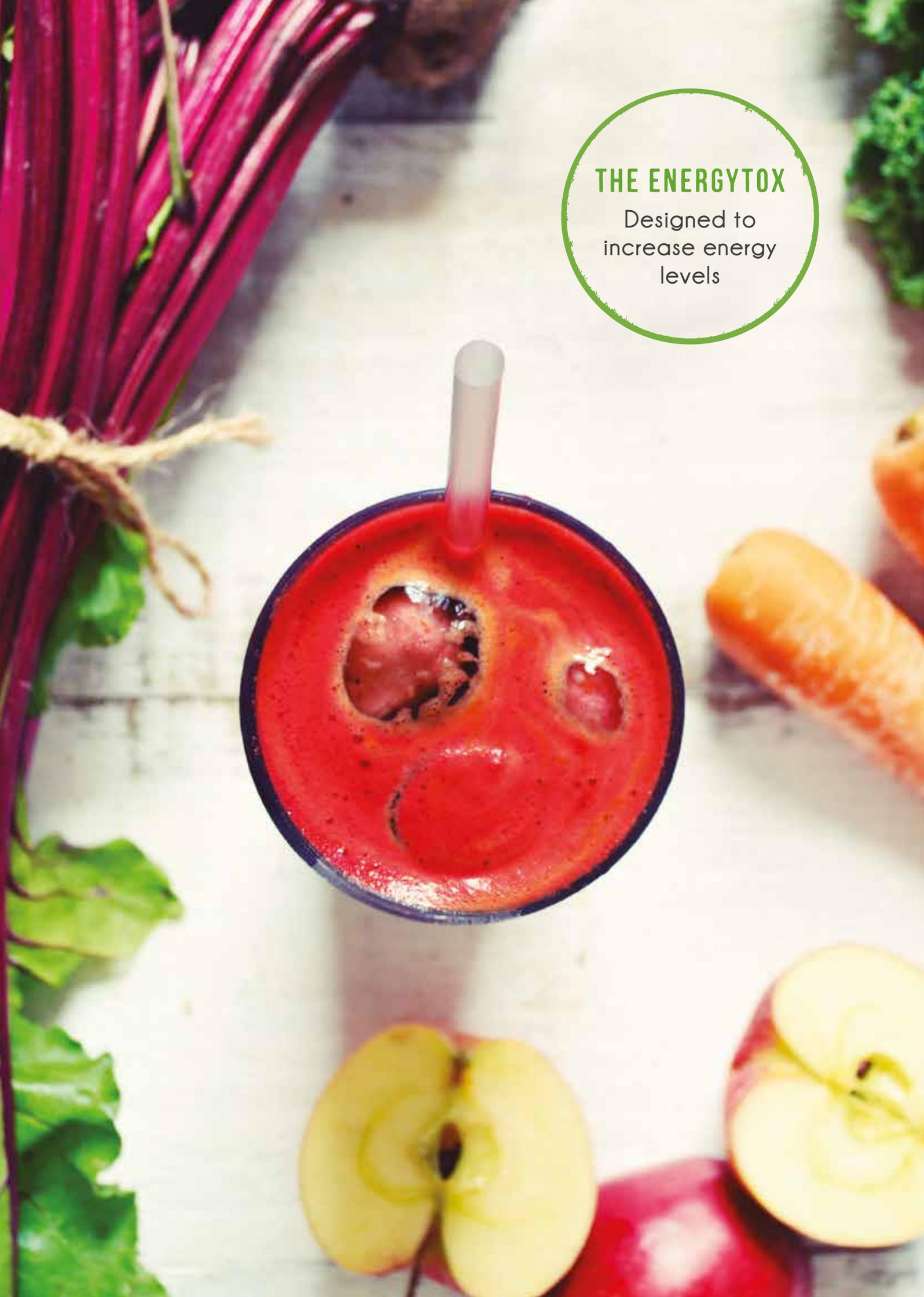
WHO IS SUITABLE?

Almost anyone can go on a cleanse, however there are a few exceptions:

- Pregnant or breast-feeding women
- Anyone suffering from epilepsy
- Anyone currently taking blood-thinning drugs
- Anyone with a severe medical condition
- Under 18s

We advise any customers who may be unsure as to whether our juice cleanse is right for them to speak to their doctor beforehand.

WETHERBY | YORK | SKIPTON | HARROGATE
LEEDS VQ | MOORTOWN | ILKLEY | BEVERLEY



THE ENERGYTOX

Designed to
increase energy
levels



THE UBER DETOX

Helps to remove
toxins from the
body

CHOOSE YOUR CLEANSE

We offer three different juice and soup cleanse programmes for you to choose from: 'REBOOT', 'CLEANSE' and 'MAX IT'. Here's what's included in each of our individual cleanses, so you can choose the one that's right for you.

All our juice cleanse prices are exclusive and therefore exempt from any promotional offers and discount schemes, unless specifically stated otherwise.

REBOOT

THREE DAYS: 85⁰⁰

Whether your goal is to lose weight, boost your energy levels or simply to remove toxins from the body, hit the reset button on your health with our three day juice and soup cleanse.

DAY ONE

Wake up:

*Hot water with lemon and ginger

Shot of aloe vera

Breakfast:

Uber Detox juice

Mid-morning:

*Warm almond milk with cinnamon or herbal tea

Lunch:

Skintox juice

Afternoon:

Tumtox juice

Handful of Filmore nuts

Dinner:

Purify soup

Bedtime:

Shot of aloe vera

*Herbal tea

DAY TWO

Wake up:

*Hot water with lemon and ginger

Shot of aloe vera

Breakfast:

Gymtox juice

Mid-morning:

Energytox juice

Lunch:

Immuntox juice

Afternoon:

*Warm almond milk with cinnamon or herbal tea

Handful of Filmore nuts

Dinner:

Glow soup

Bedtime:

Shot of aloe vera

*Herbal tea

DAY THREE

Wake up:

*Hot water with lemon and ginger

Shot of aloe vera

Breakfast:

Tumtox juice

Mid-morning:

*Warm almond milk with cinnamon or herbal tea

Handful of Filmore nuts

Lunch:

Skintox juice

Afternoon:

Uber Detox juice

Dinner:

Nurture soup

Bedtime:

Shot of aloe vera

*Herbal tea

*Item not included with the cleanse pack but if you feel hungry, we would recommend this as a healthy snack.

CLEANSE

FIVE DAYS: 130⁰⁰

Need a deeper detoxification? Our five day juice and soup cleanse is for those who want to see more dramatic results both physically and mentally.

DAY ONE

Wake up:
*Hot water with lemon and ginger
Shot of aloe vera
Breakfast:
Energytox juice
Mid-morning:
Gymtox juice
Lunch:
Glow soup
Afternoon:
*Warm almond milk with cinnamon or herbal tea
Handful of Filmore nuts
Dinner:
**Evening meal of your choice
Dessert:
Immuntox juice
Bedtime:
Shot of aloe vera
*Herbal tea

DAY TWO

Wake up:
*Hot water with lemon and ginger
Shot of aloe vera
Breakfast:
Uber Detox juice
Mid-morning:
*Warm almond milk with cinnamon or herbal tea
Lunch:
Handful of Filmore nuts
Lunch:
Energise soup
Afternoon:
Skintox juice
Dinner:
**Evening meal of your choice
Dessert:
Tumtox juice
Bedtime:
Shot of aloe vera
*Herbal tea

DAY THREE

Wake up:
*Hot water with lemon and ginger
Shot of aloe vera
Breakfast:
Gymtox juice
Mid-morning:
*Warm almond milk with cinnamon or herbal tea
Lunch:
Purify soup
Afternoon:
Immuntox juice
Dinner:
**Evening meal of your choice
Dessert:
Tumtox juice
Bedtime:
Shot of aloe vera
*Herbal tea

DAY FOUR

Wake up:
*Hot water with lemon and ginger
Shot of aloe vera
Breakfast:
Gymtox juice
Mid-morning:
*Warm almond milk with cinnamon or herbal tea
Lunch:
Handful of Filmore nuts
Lunch:
Detox soup
Afternoon:
Skintox juice
Dinner:
**Evening meal of your choice
Dessert:
Energytox juice
Bedtime:
Shot of aloe vera
*Herbal tea

DAY FIVE

Wake up:
*Hot water with lemon and ginger
Shot of aloe vera
Breakfast:
Skintox juice
Mid-morning:
*Warm almond milk with cinnamon or herbal tea
Lunch:
Nurture soup
Afternoon:
Uber Detox juice
Dinner:
**Evening meal of your choice
Dessert:
Immuntox juice
Bedtime:
Shot of aloe vera
*Herbal tea

*Item not included with the cleanse pack but if you feel hungry, we would recommend this as a healthy snack.

**Item not included but we have provided a selection of recipes for you to choose from for your evening meal.

MAX IT

FIVE DAYS: 145⁰⁰

For those who want to see more dramatic results both physically and mentally, our five day 'MAX IT' juice and soup cleanse will rejuvenate your mind, body and soul for optimal wellness!

Simply replace the evening meal in the 'CLEANSE' programme with one of our wholesome soups on each day of the cleanse. These will be provided with your pack.

Our five day 'MAX IT' is more extreme and requires a little more willpower than the others as your evening meal is replaced with a soup meaning no solid food is consumed except for superfood snacks.

REBOOT

THREE DAYS

HERE'S WHAT YOU GET:

9 x cleansing juices
(3 per day)

3 x wholesome soups
(1 per day)

6 x aloe vera shots
(2 per day)

Nuts for snacking

6 x extra aloe vera shots
for 3 days prior to your juice
cleanse (2 x 60ml shots per day)

CLEANSE

FIVE DAYS

HERE'S WHAT YOU GET:

15 x cleansing juices (3 per day)

5 x wholesome soups (1 per day)

10 x aloe vera shots (2 per day)

Nuts for snacking

A selection of nourishing
recipes for evening dinner

6 x extra aloe vera shots
for 3 days prior to your juice
cleanse (2 x 60ml shots per day)

MAX IT

FIVE DAYS

HERE'S WHAT YOU GET:

15 x cleansing juices
(3 per day)

10 x wholesome soups
(2 per day)

10 x aloe vera shots
(2 per day)

Nuts for snacking

6 x extra aloe vera shots
for 3 days prior to your juice
cleanse (2 x 60ml shots per day)

GROUP AND CORPORATE CLEANSES

Everything's better with friends and juicing is no exception! Gather a group of friends or work colleagues together and embark on your juice cleanse journey, supporting each other along the way and celebrate looking and feeling the best version of yourselves.

GROUPS OF 4-5:

10% discount for
your group

GROUPS OF 6-9:

10% discount for your group plus a
Filmore and Union gift voucher each

GROUPS OF 10+:

20% discount for
your group

PLUS 30% discount for the group organiser!

Delivery is available for groups of 6 or more within a 3 mile radius, to the same address on the same day. Each person within the group can select a different cleanse.



THE GYMTOX

High in protein to
repair worked
muscles

HOW IT WORKS:

Our cleansing plans consist of pure fruit and vegetable juices, warming soups, superfood snacks (all of which are made and prepared fresh in our Health Kitchen and will be provided for you) and recommended recipes for evening meals, depending on your programme choice.

These meals are designed to give a fulfilling feeling of satisfaction which is why we have introduced this as an option in to our 'CLEANSE' programme.

WHAT TO EXPECT

Everyone reacts differently during a cleanse programme so please be aware that you may experience some mild adverse effects. Some of the most common include tiredness, moodiness, weakness or light headedness, irregular sleeping patterns and skin breakouts.

If you have a recurrent health issue (ie. eczema, acne, sinus issues), be warned - it may get worse before it gets better.

3 DAYS BEFORE YOUR CLEANSE:

To ease the body into the cleanse, we advise you to:

- Put down the coffee cup... it's time to reduce your caffeine intake!
- Try to cut down on meat or dairy over the course of these 3 days.
- Eat plenty of nutrient-dense salads, an abundance of vegetables and plant based protein such as beans, legumes and nuts.
- Eliminate all processed foods. That means no refined sugar, white flour, processed meats or alcohol.
- Get plenty of sleep to ensure your body is revived and energised for the next few days.
- Begin taking 2 x 60ml shots of aloe vera morning and night to support the digestive system.

TIPS DURING THE CLEANSE:

- Take 30 minutes a day to focus on yourself such as meditation or taking a hot bath.
- Your body needs plenty of rest in order to reset, so stay away from the gym!
- Use the dry body brushing technique before a shower or bath to remove toxins from the body and increase circulation.
- Add magnesium bath salts to your bath to draw out toxins and relax the muscles.



THE IMMUNTOX

To boost the
immune system



DISCLAIMER

- Filmore and Union does not guarantee that any products or recommendations from the 3 or 5 day cleanse will provide you with the results you desire, as each individual will react differently.
- It is advisable to seek a doctor's advice to determine if a Filmore and Union cleanse is suitable for you before agreeing to participate.
- The information and products from a Filmore and Union cleanse are not intended to diagnose, cure or prevent any illness or disease.
- The Filmore and Union cleanse programmes are sold with the understanding that the company is not engaged in rendering any legal, medical or other professional advice.
- If legal or medical expertise is required, the services of a competent professional should be sought as there is no one at Filmore and Union who is a qualified nutritionist.
- Filmore and Union shall have neither liability nor responsibility to any person, company or entity with respect to any loss or damage caused directly or indirectly by the 3 and 5 day cleanses.
- The participant understands that the effects are the sole responsibility of the participant and not that of the provider distributor or facility for this Filmore and Union cleanse.
- All Filmore and Union cleanse programmes are non-refundable.
- Filmore and Union will preserve the privacy of our customers, clients and cleanse participants.

By purchasing a Filmore and Union 3 or 5 day cleanse, you agree that you have read, understood and agreed to the information above. For group cleanses, all group members must sign this disclaimer.

Customer name(s):

.....
.....

Signature(s):

.....
.....

Date:

PLEASE NOTE

All our juices stay fresh when kept in the fridge for up to 4 days. Therefore we advise all customers to begin their cleanse on the day of collection. Any customers on a 5 day cleanse will need to return for a second time to collect the rest of their juices on the third day.

GROUP CLEANSE

Please complete in addition to the adjacent booking form if selecting a group cleanse.

- Collection
 Delivery (groups of 6+)

Delivery address:

.....
.....

Postcode:

Cleanses:

(include number of each cleanse required)

..... 3 day 'REBOOT'
..... 5 day 'CLEANSE'
..... 5 day 'MAX IT'

Does anyone in your party have any dietary requirements? If so, please give details below:

.....
.....
.....

Have all members of the group read and signed the disclaimer?

- Yes No

BOOKING FORM

Customer name/group cleanse organiser:

.....

Address:

.....
.....

Postcode:

Email:

Contact number:

Select your cleanse:

- 3 day 5 day 5 day 'MAX IT' Group cleanse

Start/collection date: Collection time:
(N/A if group cleanse delivery)

Second collection: Collection time:
(5 day cleanses only) (N/A if group cleanse delivery)

Do you have any dietary requirements? Yes No

If yes, please give details below:

.....
.....

Which store would you like to collect your cleanse from?

.....
(N/A if group cleanse delivery)

Customer signature:

.....

Payment received in full (staff only): Yes No

Staff name: Date:

Staff signature:

.....