

5 Day Deep Restore

Gut+ Liver Flush

Best for: Bloating, sluggish digestion, skin that won't clear, post-indulgence recovery, elevated liver enzymes

Daily Liver Aid: Concentrated cold-pressed juice with milk thistle, dandelion, beetroot and turmeric — formulated to support bile flow, reduce liver inflammation and accelerate cellular regeneration.

The Two Phases

Phase 1 • Days 1-2 • Gut — Gut Aid Shot each morning, Anti-inflammatory gut juices, Prebiotic smoothies, Aloe and ginger flush, Evening gut seal drink

Phase 2 • Days 3-5 • Liver — Liver Aid Shot each morning, Dandelion & milk thistle juice, Liver-support smoothies, Beetroot & lemon flush, Evening liver calm drink

Day 1 and 2 - The Gut Flush Day 1		
TIME	MENU	CLINICAL FUNCTION
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Provides plant protein, collagen and MCT fats to support muscle recovery, satiety and sustained energy; blueberries, broccoli sprouts and spirulina deliver antioxidants and phytonutrients; green banana flour and greens supply resistant starch and fiber that support gut microbiome balance.
11am	Sweet Kale Juice - Kale, lemon, apple.	Provides vitamin C for collagen synthesis; delivers antioxidants and polyphenols to reduce oxidative stress; supports skin, connective tissue, and immune function.
1pm	Orange Turmeric Juice - Orange, apple, lemon juice, black pepper, Aloevera.	Supports immune function through vitamin C; enhances anti-inflammatory activity via curcumin and piperine; aloe vera may support gastrointestinal comfort and mucosal integrity.
3pm	Butternut Carrot Juice - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.	Delivers carotenoids, nitrates, and phytonutrients that support vascular health, antioxidant defense, and cellular repair; provides broad-spectrum micronutrient replenishment.
5pm	Young Love Juice - Pineapple, Berries, agave, Chia seeds.	Supplies vitamin C, bromelain and anthocyanins that support antioxidant defense and digestion; chia seeds add omega-3 fats and fiber for satiety and gut regularity; provides quick natural energy from fruit.
7pm	Carrot Coriander Soup - Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.	Delivers beta-carotene and warming digestive spices (ginger, cumin, coriander) that support digestive comfort; provides hydration and gentle, easily digested nourishment in the evening; supports antioxidant and immune function.

Day 2		
TIME	MENU	CLINICAL FUNCTION
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Provides plant protein, collagen and MCT fats to support muscle recovery, satiety and sustained energy; blueberries, broccoli sprouts and spirulina deliver antioxidants and phytonutrients; green banana flour and greens supply resistant starch and fiber that support gut microbiome balance.
11am	Karma Ayurveda Juice (Added Holy basil and Neem) - Chia seeds, Blueberries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.	Antioxidant support, vitamin C replenishment, hydration, gut support from aloe, omega-3s from chia, immune support from amla and tulsi.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone) - Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha) - Cucumber, spinach, kale, Acai powder, blueberries, raspberries, Raw Organic honey and Newly added homemade apple cider.	High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.
7pm	Courgette, Lemon, Mint Soup - Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.	Light, hydrating and easily digested evening meal; lemon supplies vitamin C, mint may assist digestive comfort, and leeks and celery provide prebiotic fiber and potassium to support gut microbiome balance and fluid balance.

Day 3, 4 and 5 - The Liver Flush | Day 3

TIME	MENU	CLINICAL FUNCTION
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support
11am	Detox Tonic Lemonade Juice - Lemon, Blue Sprulina, Milk thistle, agave.	Hydration support • Antioxidant support • Supports normal liver function • General wellness support
1pm	Gravity Glow Juice - cucumber, apple, ginger, mint, and lemon juice.	Hydration support • Antioxidant support • Digestive comfort support • Vitamin intake
3pm	Butternut Squash Orange Lemon Juice - Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.	Antioxidant support • Supports eye and immune health • Micronutrient replenishment • General vitality support
5pm	Afterparty Juice - beet root, carrot, ginger, apple and lemon.	Circulatory support • Exercise recovery support • Antioxidant support • Energy support
7pm	Kaleifornia Dreamin Soup - Kale, Potatoes, Onions, Leeks, Salt, Pepper.	Micronutrient replenishment • Antioxidant support • Prebiotic fiber support • Digestive comfort support • Mineral support (potassium) • Gentle evening nourishment

Day 4

TIME	MENU	CLINICAL FUNCTION
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support
11am	Bhakti Ayurveda Juice (Added Triphala) - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone) - Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha) - Cucumber, spinach, kale, Acai powder, blueberries, raspberries, Raw Organic honey and Newly added homemade apple cider.	High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.
7pm	Soothing Gut Healing Soup - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.	Plant protein support • Fiber support • Gut microbiome support • Digestive comfort support • Supports normal inflammatory response (ginger) • Satiety support • Micronutrient replenishment

Day 5		
TIME	MENU	CLINICAL FUNCTION
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support
11am	Earth Nectar Juice - Water melon, apple, lemon, turmeric.	Hydration support • Antioxidant support • Vitamin support • Digestive support • General wellness support
1pm	Spa Day Juice - Honeydew, Cucumber, Coconut Water, Lemon.	Hydration support • Electrolyte support • Fluid balance support • Digestive comfort support • Refreshment and recovery support
3pm	After Math with the goodness of Milk Thistle Juice - Orange, Ginger, Aloe, Basil Oil, Milk Thistle.	Antioxidant support • Supports normal liver function • Digestive support • Hydration support • General recovery support
5pm	Master Cleanse Juice - Pineapple, Turmeric, Lemon, Pepper.	Digestive support • Antioxidant support • Supports normal inflammatory response • Vitamin C support • General wellness support
7pm	Butternut Squash Soup - Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.	Antioxidant support • Supports eye and immune health • Fiber support • Digestive comfort support • Satiety support • Gentle evening nourishment

Total Daily Liver Aid Delivery

3,000mg Concentrated Plant Actives / Day

Distributed across 3 doses — morning shot, midday juice, evening flush — timed to align with your liver's natural detoxification cycles.

Why This Flush Works

Milk Thistle + Dandelion Root	Stimulate bile production and support liver cell regeneration — the two most clinically studied plant compounds for liver repair
Beetroot + Lemon	Activate Phase 2 liver detoxification pathways, helping the liver convert and eliminate stored toxins more efficiently
Ginger + Turmeric + Black Pepper	Reduce gut and liver inflammation simultaneously — black pepper increases turmeric bioavailability by up to 2,000%
Aloe Vera + Slippery Elm	Repair and seal the gut lining, reducing intestinal permeability that allows toxins to re-enter the bloodstream
Prebiotics + Digestive Enzymes	Rebuild the microbiome from the gut wall outward, restoring the bacterial balance that controls digestion, immunity and energy
Electrolytes + Coconut Water	Maintain cellular hydration throughout the flush, preventing fatigue and supporting kidney function as toxins are eliminated

What You'll Notice

- Significant reduction in bloating — typically by Day 2
- Skin that begins to clear and brighten — liver and gut health show on your face
- Lighter feeling in your abdomen — particularly around the right side where your liver sits
- Sleep that feels deeper and more restorative
- Reduced cravings for sugar, caffeine, and heavy food
- Energy that feels clean — not the kind that crashes

This Reset Is For You If

- You've already done a 3-day gut reset and want to go deeper
- You drink alcohol regularly or eat out frequently in Dubai
- Your skin is dull, puffy, or breaking out — especially around your chin and jaw
- You feel heavy after meals even when you haven't eaten a lot
- You've been told your liver enzymes are elevated or your digestion is sluggish
- You want real results, not a one-day fix

Honest Note

Day 3 is usually the hardest. Your liver is working hard and some people feel tired, have a headache, or feel emotional. This is normal — it's your body processing what it's been holding onto. The GoOrganic team checks in on Day 3 specifically because of this. Push through. Day 4 is when people usually say they feel the shift.

Note: Every ingredient in the Deep Intensive is sequenced by phase — gut-targeted actives dominate Days 1 and 2, liver actives take over from Day 3. This is not a random juice blend. It is a deliberate two-phase biological protocol.