

GoOrganic ME | Glow Kickstart – 3 Day Reset

Cellular Hydration + Collagen Optimization Protocol

AED 549 (incl. VAT) | Use code: CARE20 for 20% OFF

Purpose: Rapid de-bloat, hydration restoration, visible skin brightness

Best for: Pre-event prep · Post-travel reset · First-time cleansers

Duration: 3 Days (same protocol each day)

Daily Protocol Timetable (Repeated Each Day)

| Time | Item | Ingredients | Clinical Function |
|-------------------|---|---|---|
| Morning (Wake-up) | Probiotic Turmeric Activation Shot | Turmeric extract Black pepper (piperine) Live probiotic cultures | Activates anti-inflammatory pathways; primes gut flora for optimal nutrient assimilation. |
| 9:00 AM | Sweet Kale (Collagen + Camu Camu Enhanced) ● Collagen: 5g | Kale · Lemon · Apple · Ginger + Marine collagen peptides (5g) + Camu Camu (natural Vit C cofactor) | Vitamin C supports pro-collagen formation. Polyphenols assist oxidative stress reduction. |
| 11:00 AM | Strawberry Basil Lemonade (Electrolyte Infusion) | Strawberries · Lemon · Basil Monk fruit + Humantra electrolyte blend | Supports intracellular hydration and mineral balance essential for dermal turgor. |
| 1:00 PM | Cold Crusher (Anti-Inflammatory Collagen Support) ● Collagen: 5g | Carrot · Orange · Lemon Ginger · Parsley · Turmeric Black pepper + Marine collagen peptides (5g) | Beta-carotene & Vit C assist collagen cross-linking. Curcumin supports inflammatory modulation. |
| 3:00 PM | Gravity Glow (Gut–Skin Axis Support) ● Collagen: 5g | Cucumber · Apple · Ginger Mint · Lemon + Prebiotic fiber · Aloe vera + Marine collagen peptides (5g) | Prebiotics nourish beneficial gut bacteria. Aloe vera supports mucosal integrity. |
| 5:00 PM | Earth Nectar (Mineral Restoration Complex) | Watermelon · Apple · Lemon Turmeric + Prebiotic · Humantra electrolytes + Natural mineral salts | Potassium & trace minerals restore fluid equilibrium; reduce visible fatigue markers. |
| 7:00 PM | Almond Milk (Recovery Phase) + Optional Soup | Cold-pressed almond milk (unsweetened) Optional: High-fiber vegetable soup | Provides magnesium, healthy lipids & gentle satiety. Supports overnight cellular repair. |

Daily Collagen Delivery Summary

| Juice | Collagen Dose | Key Benefit |
|---------------------|---------------------------------------|--|
| Sweet Kale (9 AM) | 5g marine collagen | Pro-collagen formation support |
| Cold Crusher (1 PM) | 5g marine collagen | Collagen cross-linking & inflammation modulation |
| Gravity Glow (3 PM) | 5g marine collagen | Gut–skin axis support via microbiome |
| TOTAL DAILY | 15g hydrolyzed marine collagen | Aligns with clinical range of 10–20g/day |

Why This Cleanse Works

| Protocol Element | Clinical Benefit |
|--|---|
| ✓ Collagen dosing spread through the day | <i>Improved absorption & amino acid utilization</i> |
| ✓ Vitamin C co-factors (Camu Camu, citrus) | <i>Supports endogenous collagen production</i> |
| ✓ Electrolytes + mineral salts | <i>Prevent fatigue and dull skin</i> |
| ✓ Prebiotics + probiotics | <i>Support microbiome balance (skin clarity link)</i> |
| ✓ Turmeric + black pepper (piperine) | <i>Inflammatory pathway modulation</i> |

"I have looked at the Go Organic recipes, their ingredients, and nutritious offerings. As a nutrition expert, these are nutrient-dense Resets that will help in Weight loss, Gut Cleanse, Liver Cleanse, and overall whole-body Detox Resets."

— **Victoria Tipper** | MSc Nutrition (Aus) · BSc Genetics (UK) · GAPS Practitioner · ISSA Personal Trainer