

■ Radiance Restore – 5-Day Renewal Juice

Raw Cold-Pressed Juice Detox • Collagen Loading + Microbiome Balancing • Skin Clarity & Digestive Reset

Purpose: Collagen loading + microbiome balancing

Best for: Skin clarity, improved elasticity, digestive regulation

Daily Collagen: 15g hydrolysed marine collagen peptides

■ **Note:** The daily protocol below is followed consistently across all 5 days to ensure metabolic stability and predictable physiological response.

Daily Schedule (Repeated Each Day, Days 1–5)

Time	Drink / Step	Ingredients	Clinical Function
Morning (On Rising)	■ Probiotic Turmeric Activation Shot	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Kale, lemon, apple, ginger • Marine collagen peptides • Camu Camu (Vit C cofactor) 	Vitamin C supports pro-collagen formation. Polyphenols assist oxidative stress reduction. ■ Collagen: 5g
11:00 AM	■ Strawberry Basil Lemonade (Electrolyte Infusion)	<ul style="list-style-type: none"> • Strawberries, lemon, basil • Monk fruit • Humantra electrolyte blend 	Supports intracellular hydration & mineral balance essential for dermal turgor.
1:00 PM	■ Cold Crusher (Anti-Inflammatory Collagen Support)	<ul style="list-style-type: none"> • Carrot, orange, lemon • Ginger, parsley • Turmeric + black pepper • Marine collagen peptides 	Beta-carotene & Vit C assist collagen cross-linking. Curcumin supports inflammatory modulation. ■ Collagen: 5g
3:00 PM	■ Gravity Glow (Gut-Skin Axis Support)	<ul style="list-style-type: none"> • Cucumber, apple, ginger • Mint, lemon • Prebiotic fiber + Aloe vera • Marine collagen peptides 	Prebiotics nourish beneficial gut bacteria. Aloe supports mucosal integrity. ■ Collagen: 5g
5:00 PM	■ Earth Nectar (Mineral Restoration Complex)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Cold-pressed almond milk (unsweetened) • Optional: high-fibre vegetable soup 	Provides magnesium, healthy lipids & gentle satiety support for overnight cellular repair.

■ **Total Daily Collagen Delivery**

15g Hydrolysed Marine Collagen Peptides / Day

Distributed in 3 × 5g doses for optimal absorption kinetics

Why This Cleanse Works

■ Collagen dosing spread through the day	→ Improved absorption & utilisation
■ Vitamin C co-factors (Camu Camu, citrus)	→ Supports endogenous collagen production
■ Electrolytes + mineral salts	→ Prevent fatigue and dull skin
■ Prebiotics + probiotics	→ Support microbiome balance (skin clarity link)
■ Turmeric + black pepper	→ Inflammatory pathway modulation