

GoOrganic ME Signature Juice Cleanse

Complete Beginners

A gentle one-day fruit-forward cleanse — the perfect introduction to juicing

Daily Cleanse Schedule

Time	Juice / Step	Ingredients	Key Benefits
7:00 AM Wake-Up	Warm Lemon Water (pre-cleanse ritual)	Warm water + fresh lemon juice	Kickstarts digestion & alkalises the body
8:00 AM Juice 1	Cosmic Coco	Coconut Water, Blueberry, Lemon, Mint, Lychee	Uplifting antioxidants, hydration, immune support, refreshing start
10:00 AM Juice 2	Earth Nectar	Watermelon, Apple, Lemon, Turmeric	Deep hydration, anti-inflammatory turmeric, natural energy boost
12:30 PM Juice 3	Spa Day	Honeydew, Cucumber, Coconut Water, Lemon	Skin hydration, calming, alkalising, electrolyte replenishment
3:00 PM Juice 4	After Math (with Milk Thistle)	Orange, Ginger, Aloe, Basil Oil, Milk Thistle	Liver support, detoxification, gut soothing, toxin expulsion
5:30 PM Juice 5	Master Cleanse	Pineapple, Turmeric, Lemon, Cayenne Pepper	Powerful anti-inflammatory, metabolism boost, deep cleanse activation
7:30 PM Juice 6	Chill-Pill (with Vegan Probiotic)	Pineapple, Lemon, Butterfly Pea Flower, Chamomile, Ashwagandha, Coconut Milk, Vegan Probiotic	Stress reduction, gut health, cortisol balance, restful sleep preparation
8:30 PM Evening	Herbal Tea (wind-down)	Chamomile or peppermint herbal tea (unsweetened)	Digestive calm, relaxation, prepares body for overnight detox

Juice Details at a Glance

#	Juice Name	Full Ingredients	Highlight
1	Cosmic Coco	Coconut Water, Blueberry, Lemon, Mint, Lychee	Antioxidant-rich, uplifting colour & flavour
2	Earth Nectar	Watermelon, Apple, Lemon, Turmeric	Hydrating, anti-inflammatory, carotenoid-rich
3	Spa Day	Honeydew, Cucumber, Coconut Water, Lemon	Skin-loving, alkalising, deeply refreshing
4	After Math + Milk Thistle	Orange, Ginger, Aloe, Basil Oil, Milk Thistle	Ancient detox tonic — liver & gut support
5	Master Cleanse	Pineapple, Turmeric, Lemon, Cayenne Pepper	Original master cleanse — elevated & potent
6	Chill-Pill + Probiotic	Pineapple, Lemon, Butterfly Pea Flower, Chamomile, Ashwagandha, Coconut Milk, Vegan Probiotic	Adaptogen blend — stress, cortisol & gut health

Cleanse Tips & Guidelines

Hydration	Drink at least 2 litres of still water or herbal tea between juices throughout the day.
Rest	Allow your body to rest. Light walks are fine; avoid intense exercise during your cleanse day.
Hunger	Mild hunger is normal. Sip your next juice slowly — chew it. This activates digestive enzymes.
Spacing	Space juices every 2–2.5 hours for optimal absorption and blood sugar stability.
After Cleanse	Break your cleanse gently: raw fruits, salads, and light soups for 24 hours before normal eating.
Next Step	Graduate to a vegetable-forward cleanse (80% veg) for deeper detox results.

