



7-DAY DETOX

SMART GREEN JUICES

A set of 8 naturally fermented juices, specially selected to help cleanse the body of toxins.

Modern lifestyle, processed food, pollution, cigarettes and alcohol negatively affect the functioning of the body, causing a decrease in energy and health problems. Smart Green juices support digestive processes, bowel condition, and the process of reducing toxins from the body. The beneficial substances contained in Smart Green lactofermented juices support overall health, thanks to which we can observe an increase in body immunity, acceleration of metabolism and improvement of skin and hair condition.



7 DAYS DETOX PLAN

7 lacto-fermented, 100% organic vegetable juices
for super cleansing of your body
+ 1 MULTI VEGETABLE juice for **FREE**



What are the benefits of drinking lactofermented juices?

First of all, it provides a large dose of vitamin C, one of the strongest antioxidants, which helps to neutralize the harmful effects of free radicals. In addition, pickled vegetables are a source of lactic acid - a substance that helps cleanse the body and strengthens the immune system. Lactic acid supports regulation of the bacterial flora in the intestines, supports digestion and absorption of metabolic products. Lactofermented juices, are low in calories, so can be recommended for people on diet.

Smart Green juices are obtained in a natural biological fermentation process

The **7-day detox set with Smart Green Juices** includes:

1) Organic lactofermented beetroots juice

Ingredients: juice of organic lactofermented beetroots, organic garlic, salt; pressed juice, not from concentrate.

Beetroot supports hematopoietic processes, kidney function and promotes the overall improvement. It is also a rich source of vitamins: **B1, B2, C, PP, E, K1** and mineral compounds, among others: silicon, calcium, magnesium, iron, manganese, sodium. Due to its beneficial properties, lactofermented beetroots juice is used to help prevention of stomach cancer *.



2) Organic lactofermented sauerkraut juice

Ingredients: juice of organic lactofermented sauerkraut, salt; pressed juice, not from concentrate.

Cabbage is an excellent source of **B, C, K, E** vitamins, invaluable in the winter combat against microorganisms. Cabbage helps improve our well-being, strengthens stress resistance and has a beneficial effect on the nervous system. Bioactive ingredients contained in sauerkraut are conducive to cancer prevention. Sauerkraut juice is used to gargle for infections of the upper respiratory tract.



3) Organic juice of lactofermented cauliflower

Ingredients: juice of organic lactofermented cauliflower, organic garlic, salt; pressed juice, non from concentrate.

Cauliflower is one of the most valuable vegetables because of its nutritional and taste values. It is rich in vitamins **A, C**, folic acid and minerals such as potassium and phosphorus. Cauliflower juice is also an excellent way to support removal of toxins from the body by improving the liver's ability to neutralize potentially toxic substances.



4) Organic juice of lactofermented carrot

Ingredients: juice of organic lactofermented carrots, salt; pressed juice, non from concentrate.

It is an extremely rich source of vitamin **A**, which plays a significant role in the process of proper vision and supporting the overall condition of the skin. In addition, it is a source of vitamins **B1, B2, PP, K and C**. Carrot provides important minerals, such as calcium, iron, phosphorus, copper, zinc, magnesium, iodine and potassium - we owe them a firm body, a beautiful complexion and healthy strong hair and nails.



* Research on lactofermented beetroot and sauerkraut juice conducted in 2010-2011 by the University of Life Sciences in Warsaw (SGGW) shows that regular consumption of these juices causes apoptosis of cancer cells of the AGS line (stomach cancer).

5) Organic juice of lactofermented celeriac

Ingredients: juice of organic lactofermented celeriac, organic garlic, salt; pressed juice, non from concentrate.

Indicated for use in digestive problems, urinary tract diseases, and detoxifying treatments. Helps fight viruses, fungi and harmful bacteria accumulated in the intestines. Celeriac contains vitamins **K, A, folic acid / B9** and minerals: potassium and manganese. In addition, celeriac juice, due to its beneficial effect on mental performance, is called "Polish ginseng."



6) Organic juice of lactofermented parsnip

Ingredients: juice of organic lactofermented parsnip, organic garlic, salt; pressed juice, non from concentrate.

Parsnip contains a large dose of antioxidants: acting as vitamin **A**, as well as large amounts of vitamin **K and C**. Used for digestive and urinary problems, as well as for alleviating the symptoms of acne. Parsnip has diuretic and detoxifying properties, helps to remove excess water from the body, and also regulates excessive fermentation in the intestines.



7) Organic juice of lactofermented broccoli

Ingredients: juice of organic lactofermented broccoli, organic garlic, salt; pressed juice, non from concentrate.

Juice of lactofermented broccoli is a rich source of active substances supporting the fight against stomach ulcers and allergies. It is a treasury of vitamins and minerals necessary for the proper functioning of our body. Broccoli is a very rich source of vitamins **A, B1, B3, C** as well as minerals such as calcium, phosphorus, iron, sulfur, potassium and magnesium, but its most valuable ingredient is selenium and sulforaphane, which is recommended for ulcer prophylaxis.



8) Organic multi-vegetable lactofermented juice

Ingredients: organic lactofermented juice: beets 30%, tomatoes 30%, broccoli 10%, cabbage 10%, cucumbers 10%, carrot 10%, organic garlic, salt; pressed juice, not from concentrate.

Thanks to this combination, multi-vegetable lactofermented juice provides a whole spectrum of fantastic, healthy properties in one juice. The juice consists of vegetables such as:

- **Beets:** a source of vitamins: **B1, B2, C, PP, E, K1**, as well as: silicon, calcium, magnesium, iron, manganese and sodium;
- **Tomatoes** provide vitamin **A, C and K**, as well as potassium and manganese;



- **Cabbage** contains vitamins: **K, C, B9** (folic acid) and: manganese, potassium, calcium;
- **Cucumbers** are an excellent source of vitamins **A, B, C and K**;
- **Carrots** are primarily a source - alpha and beta carotene, also contain: manganese, potassium and iron.

Multi-vegetable juice is a comprehensive, health-promoting product - a vitamin bomb. It combines the properties of component juices demonstrating: regulating the digestive system, strengthening the body, as well as improving eye health.

Smart Green juices are bottled in dark glass bottles, which are the most beneficial in terms of preserving their nutritional value.

SHORT CUT

Vitamin A - a source of youth, beneficial effects on eyesight and skin

Vitamin B - proper functioning of the nervous system

Vitamin C - strengthens the immune system

Vitamin E - protects the body against cell damage caused by free radicals

Vitamin K - strong blood vessels, antibacterial and anti-inflammatory properties

Vitamin PP - proper functioning of the nervous system

