



Dr. **Blend**

For Good



100% Pure, 100% Raw

Latest Cold Pressed **High Pressure Process**
technology



WELCOME

Thank you for your purchase.

Dr. Blend is here to bring you a healthy lifestyle. Perhaps you are already working towards this and you want to continue being healthy? Or curious to know what a juice cleanse is?

Whatever the reason might be, we're here to guarantee you an ultimate experience!

Dr. Blend is the start to something good. With our juice cleanse we want to create space in your life to give your body and mind extra attention. Personally, a healthier and more conscious life has helped me achieve my goals and overcome my obstacles. I wish the same for you!

Good luck in your juice cleanse period and I hope you all enjoy the experience.

A stylized, handwritten signature in black ink, featuring a large, flowing loop and a horizontal line extending to the right.

JAMAHL SCHOONHOVEN
FOUNDER

OUR STORY

We are Dr. Blend, supporter of a healthy lifestyle. We believe in the importance of keeping your body and mind in balance. With years of experience in the development and production of juices and juice cleanses, we are very happy to contribute to this. That is why we have put all our knowledge, expertise and passion in the field of juices into our product range.

This is the Dr. Blend Combi Detox Box: a box with a generous portion of freshness to give you the ultimate juice cleanse experience.

Our advice is to do a juice cleanse up to a maximum of 12 times per year, but our juices belong in your fridge at all times. With our wide product range, we also provide you with the best juices and shots before and after the juice cleanse.

We only wish you the best. Since 2014 we have been actively working on optimizing and renewing our juices and juice cleanses. Over the years we have experienced tremendous growth in this area. Our team of nutritionists is constantly working to put together the best formulas. Product developers are focused on the latest technologies within the production process. Our juices are always made from fresh products and contain the right balance of ingredients to provide you with the right nutritional values, vitamins and minerals. This way you are always guaranteed premium quality.



Dr. Blend
For Good

K3 CLEANSE



Dr. Blend



GREEN SWEETNESS

CUCUMBER SPROUT

N°2



Dr. Blend



JUST BEAT IT

BEETROOT
POMEGRANATE
CARROT

Nº 9

Dr. Blend



COCO

PURE
COCONUT
WATER

Nº 10

Dr. Blend



CUT CLEAR

PURE
ORANGE JUICE

Nº 11

Dr. Blend



BIG APPLE

PURE
APPLE JUICE

Nº 12

Dr. Blend



BANSPRE

DRAGON FRUIT
PASSION FRUIT
BANANA

Nº 13

HPP COLD PRESSED

The juices and shots of Dr. Blend are cold-pressed produced on the basis of the latest high pressure process technology (HPP). Through this process we can maintain the nutritional values, minerals and vitamins from the vegetables and fruit. Because we process fruit and vegetables in an optimal manner, we produce less waste.

The unique thing about this technique is that the shelf life of the juices is considerably longer. Most juices produced without preservatives have a shelf life of 2 to 3 days, whereas Dr. Blend's juices can be stored for 10 to 15 days, sometimes even longer.

Our juices are 100% pure and 100% raw and are made without preservatives or other additives.



INSTRUCTIONS

The package contains six 250ml juices and three 60ml shots. Each bottle is numbered in order of intake and time when it should be drunk. To achieve the optimum result, we recommend that you stick to this schedule.

You should reduce and rebuild solid foods carefully. Our advice is to consume easily digestible foods such as salads and soups two days before and two days after the juice cleanse. This will give your intestines a rest and bring your body into the correct mode for the Dr. Blend juice cleanse.

Two days before, during and two days after the juice cleanse:



Do not smoke cigarettes



Do not consume coffee or tea that contains caffeine or theine



Do not drink alcohol



Do not eat red meat



Drink plenty of water; up to 2 litres per day

CONTENTS

The Juice Cleanse Combi Detox Box contains a wide variety of vegetable juices and shots. This juice cleanse offers a variety of vitamins and minerals because of the combination of two juice cleanses: the perfect balance between fruits and vegetables.

Our Advice

We advice to alternate daily. Start the first day with the vegetable juices. For day two we recommend to opt for the more fruity detox juices. Alternate daily from now on. In this way nutrients, energy and recovery are covered. Feel free to determine the order of the days yourself.

We have created a special detox timetable which will guide you to the best result. Regularity is important for a healthy and balanced life. It helps you to concentrate on yourself and to focus on resetting your body and mind. It might be helpful to set a personal goal so you'll finish the juice cleanse with satisfaction.

A fresh start with refreshing juices, you can do it!

GOOD TO KNOW



Everyone experiences a juice cleanse differently. During the juice cleanse you may feel more energetic. This is because your body has to digest less. You may also have less energy to exert yourself. The number of calories you consume is lower than your body is used to. Do you still wish to keep exercising during your juice cure? Adjust your exercise schedule and limit yourself to light cardio exercises.



You may feel the need for food during the juice cleanse. Your mind is strong. Keep going, but don't overdo it. Eat an easily digestible dish, such as a soup, when you are no longer able to.



The juice cleanse is only really successful if you manage to maintain your healthy lifestyle afterwards.



Do not use the juice cleanse too often and stick to a maximum of twelve times a year. You can of course drink our juices all year round as a supplement to your daily diet.

VEGGIE JUICES



DETOX JUICES

We advice to repeat this order for the 3-, 5- and 7 day juice cleanses.



VEGGIE JUICES



08:00 SHOT

Nº 1 - KICK IT

This shot is a great way to start the day, it contains turmeric, black pepper, pineapple and lemon juice. For a great start to your day. Use the Turmeric Shot in the morning and during the day

NUTRITIONAL VALUE PER 100ML

energy	169 kJ / 40 kcal
fat	0,1 g
- of which saturates	0,0 g
carbohydrate	8,9 g
- of which sugars	7,2 g
fibre	0,2 g
protein	0,7 g
salt	0,03 g

INGREDIENTS

pineapple juice	60%
turmeric juice	21,85%
lemon juice	18%
black pepper	0,15%





Dr. **Blend**



KICK IT

TUMERIC | Nº 1

08:30 JUICE

Nº 2 - POPEYE

The spinach in this vegetable juice has a nice freshness to it. Great nutrients are all present in this cold-pressed vegetable juice. The active ingredients will help you get through the morning with ease. This Green veggie juice is made from spinach, kale, and apple. The Popeye juice is what you expect from a green juice and has a fresh taste.



NUTRITIONAL VALUE PER 100ML

energy	106 kJ / 25 kcal
fat	0,3 g
- of which saturates	0,0 g
carbohydrate	4,0 g
- of which sugars	3,5 g
fibre	0,1 g
protein	1,6 g
salt	28 mg

INGREDIENTS

kale juice	28,5%
spinach juice	28,5%
apple juice	20%
ginger juice	10%
carrot juice	10%
lemon juice	3%



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POPEYE

SPINACH
KALE
GINGER

Nº 2

09:30 JUICE

Nº 3 - CARRYON

The CarryOn juice has a low calorie and is fat-free. Celery is an important component of our juice cure. Our veggie juice cleanse contains 100% fresh vegetable juice. Celery, carrot and cucumber are used in this cold-pressed orange juice. There is no artificial sugar, preservatives, colourants or sweeteners in this product. Fresh and chilled, delivered to your home or office.

NUTRITIONAL VALUE PER 100ML

energy	88 kJ/ 21 kcal
fat	0,2 g
- of which saturates	0,0 g
carbohydrate	4,0 g
- of which sugars	3,8 g
fibre	0,2 g
protein	0,6 g
salt	74 mg

INGREDIENTS

carrot juice	40%
cucumber juice	35%
celery juice	20%
lemon juice	5%





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CARRYON

CARROT
CUCUMBER
CELERY

N° 3

11:30 SHOT

Nº 4 - GINGERO

This shot helps with a great start to the day! 2 to 3 ginger shots a day is the maximum amount we recommend.

The contents are as follows: 12 shots of 60ml made with Ginger, lemon juice, and apple in a cold-pressed booster.

Ginger is a great morning move.

NUTRITIONAL VALUE PER 100ML

energy	155 kJ/ 36 kcal
fat	0,0 g
- of which saturates	0,0 g
carbohydrate	8,6 g
- of which sugars	7,6 g
fibre	0,0 g
protein	0,5 g
salt	0,01 g

INGREDIENTS

apple juice	65%
ginger juice	25%
lemon juice	10%





12:00 JUICE

Nº 5 - GREEN METAL

Our Green Metal juice provides you with naturally fresh vegetables to drink. Celery, spinach and coconut water all in a cold-pressed juice. The spinach boosts you, along with fruity coconut water and celery, which provides you with energy while also allowing you to remain balanced. It is low in calories and fat-free. Fresh and chilled, delivered to your home or office.



NUTRITIONAL VALUE PER 100ML

energy	67 kJ/ 18 kcal
fat	0,2 g
- of which saturates	0,0 g
carbohydrate	2,5 g
- of which sugars	2,2 g
fibre	0,4 g
protein	1,3 g
salt	61 mg

INGREDIENTS

celery juice	35%
spinach juice	25%
coconut water	25%
ginger juice	10%
lemon juice	5%



Dr. **Blend**



GREEN METAL

SPINACH
CELERY
COCONUTWATER

Nº 5

13:00 JUICE

Nº 6 - GREEN MACHINE

Cucumber, spinach and apple combine to create Green Machine from our cure which is pleasantly fresh! The combination of all of the vegetables in the juice makes this green vegetable juice essential for your juice cure. Our juice cleanse contains 100% fresh vegetable juice, made of spinach, apple and cucumber. The Green Machine is beneficial for your body. The green vegetables give this juice a lot of flavour.



NUTRITIONAL VALUE PER 100ML

energy	103 kJ/ 24 kcal
fat	0,2 g
- of which saturates	0,0 g
carbohydrate	4,5 g
- of which sugars	4,0 g
fibre	0,3 g
protein	1,0 g
salt	35 mg

INGREDIENTS

celery juice	25%
spinach juice	25%
coconut water	25%
ginger juice	20%
lemon juice	5%



Dr. **Blend**



GREEN MACHINE

CELERY
SPINACH
CUCUMBER

Nº 6

15:00 SHOT

Nº 7 - PASSION

Our Dr. Blend Passion shot is made of pomegranate. A maximum of two pomegranate shots per day is recommended. Cold-pressed pomegranate juice of the highest quality.



NUTRITIONAL VALUE PER 100ML

energy	329 kJ/ 78 kcal
fat	0,7 g
- of which saturates	0,1 g
carbohydrate	15,7 g
- of which sugars	11,7 g
fibre	2,5 g
protein	0,8 g
salt	0,01 g

INGREDIENTS

pomegranate juice	66,5%
apple juice	25%
acerola pulp	5%
beetroot juice	2%
lemon juice	1%
guarana powder	0,5%



Dr. **Blend**



PASSION

POMEGRANATE | N°7

17:00 JUICE

Nº 8 - YELLOW MACHINE

The Yellow Machine is juice made entirely of 100% naturally fresh lemon juice. Not from concentrate, but cold-pressed HPP lemon juice. It is low in calories and fat-free. There are no artificial sugars, preservatives, colourants, or sweeteners in this product. Fresh and chilled, delivered to your home or office. Lemon juice from Yellow Freshness has a sweet and sour taste.

NUTRITIONAL VALUE PER 100ML

energy	36 kJ/ 8 kcal
fat	0,0 g
- of which saturates	0,0 g
carbohydrate	1,9 g
- of which sugars	1,9 g
fibre	0,0 g
protein	0,2 g
salt	4 mg

INGREDIENTS

water	70%
lemon juice	30%





Dr. **Blend**



YELLOW MACHINE

WATER
LEMONJUICE

N° 8

18:30 JUICE

Nº 9 - RED MACHINE

This juice is made up of a variety of vegetables that, thanks to the beetroot and parsnip, taste deliciously sweet. Our veggie juice provides a 100% raw and fresh vegetable juice drink. It is low in calories and fat-free. There are no artificial sugars, preservatives, colourants or sweeteners in this product. Fresh and chilled, delivered to your home or office. The colour red has a romantic connotation but it is more about taking care of the body in this case.



NUTRITIONAL VALUE PER 100ML

energy	171 kJ/ 41 kcal
fat	0,4 g
- of which saturates	0,1 g
carbohydrate	7,4 g
- of which sugars	5,5 g
fibre	1,5 g
protein	1,2 g
salt	28 mg

INGREDIENTS

beetroot juice	30%
parsnip pulp	30%
coconut water	25%
ginger juice	10%
lemon juice	5%





DETOX JUICES



08:00 SHOT

Nº 1 - KICK IT

This shot is a great way to start the day, it contains turmeric, black pepper, pineapple and lemon juice. For a great start to your day. Use the Turmeric Shot in the morning and during the day

NUTRITIONAL VALUE PER 100ML

energy	169 kJ / 40 kcal
fat	0,1 g
- of which saturates	0,0 g
carbohydrate	8,9 g
- of which sugars	7,2 g
fibre	0,2 g
protein	0,7 g
salt	0,03 g

INGREDIENTS

pineapple juice	60%
turmeric juice	21,85%
lemon juice	18%
black pepper	0,15%





Dr. **Blend**



KICK IT

TUMERIC | Nº 1

08:30 JUICE

Nº 2 - GREEN SWEETNESS

Green Sweetness has a slight flavour. Spinach, cucumber and apple in a cold-pressed green juice. To be frank, apples, cucumbers and spinach are all delicious. We've made a sweet and tasty juice out of them.



NUTRITIONAL VALUE PER 100ML

energy	127 kJ / 30 kcal
fat	0,1 g
- of which saturates	0,0 g
carbohydrate	6,6 g
- of which sugars	6,3 g
fibre	0,2 g
protein	0,5 g
salt	0,01 g

INGREDIENTS

cucumber juice	42%
apple juice	41,4%
spinach juice	10%
mango pulp	5%
lime juice	1%
ginger juice	0,6%



Dr. **Blend**



GREEN SWEETNESS

CUCUMBER
SPINACH

Nº 2

09:30 JUICE

Nº 3 - MANGO DJANGO

Mango, carrot, apple, parsnip, and watermelon are all used in the Mango Django cold-pressed juice. What a great surprise! Fruity and delicious apple and carrot juice with the lovely unique taste of mangoes!

NUTRITIONAL VALUE PER 100ML

energy	202 kJ/ 48 kcal
fat	0,3 g
- of which saturates	0,0 g
carbohydrate	10,2 g
- of which sugars	9,1 g
fibre	1,0 g
protein	0,6 g
salt	0,04 g

INGREDIENTS

carrot juice	38%
apple juice	25%
mango pulp	20%
parsnip pulp	12%
lime juice	3%
watermelon juice	2%





11:30 SHOT

Nº 4 - GINGERO

This shot helps with a great start to the day! 2 to 3 ginger shots a day is the maximum amount we recommend.

The contents are as follows: 12 shots of 60ml made with Ginger, lemon juice, and apple in a cold-pressed booster.

Ginger is a great morning move.

NUTRITIONAL VALUE PER 100ML

energy	155 kJ/ 36 kcal
fat	0,0 g
- of which saturates	0,0 g
carbohydrate	8,6 g
- of which sugars	7,6 g
fibre	0,0 g
protein	0,5 g
salt	0,01 g

INGREDIENTS

apple juice	65%
ginger juice	25%
lemon juice	10%





12:00 JUICE

Nº 5 - GREEN FRESHNESS

The green freshness juice contains 100% fresh fruit and vegetable juice. Celery, spinach and apple in a cold-pressed green drink. Green Freshness is a sweet apple, spinach, and celery blend. It is low in calories and fat-free. There are no artificial sugars, preservatives, colourants, or sweeteners in this product. Fresh and chilled, delivered to your home or office.

NUTRITIONAL VALUE PER 100ML

energy	172 kJ/ 41 kcal
fat	0,1 g
- of which saturates	0,0 g
carbohydrate	9,4 g
- of which sugars	8,7 g
fibre	0,2 g
protein	0,5 g
salt	0,02 g

INGREDIENTS

apple juice	77,5%
spinach juice	10%
celery juice	10%
ginger juice	1,5%
lime juice	1%





Dr. **Blend**



GREEN FRESHNESS

APPLE
SPINACH
CELERY

N^o 5

13:00 JUICE

Nº 6 - RABBIT

A delicious Rabbit from our range, a combination of orange, carrot, apple, and ginger. 100% naturally fresh fruit and vegetable juice drink from our juice cleanse. Cold-pressed red juice with orange, carrot, apple and ginger. Low in calories and 0% fat. No added sugar, preservatives, colourants or sweeteners. Delivered fresh and chilled to your home or office. The carotene found in our Rabbit juice has a beneficial effect on the body. With the soft orange juice and a burst of spice from the ginger, you will easily unwind.



NUTRITIONAL VALUE PER 100ML

energy	163 kJ/ 38 kcal
fat	0,1 g
- of which saturates	0,0 g
carbohydrate	8,8 g
- of which sugars	8,3 g
fibre	0,1 g
protein	0,4 g
salt	0,05 g

INGREDIENTS

carrot juice	50%
orange juice	25%
apple juice	24%
ginger juice	1%



Dr. **Blend**



RABBIT

CARROT
ORANGE
GINGER

N° 6

15:00 SHOT

Nº 7 - PASSION

Our Dr. Blend Passion shot is made of pomegranate. A maximum of two pomegranate shots per day is recommended. Cold-pressed pomegranate juice of the highest quality.



NUTRITIONAL VALUE PER 100ML

energy	329 kJ/ 78 kcal
fat	0,7 g
- of which saturates	0,1 g
carbohydrate	15,7 g
- of which sugars	11,7 g
fibre	2,5 g
protein	0,8 g
salt	0,01 g

INGREDIENTS

pomegranate juice	66,5%
apple juice	25%
acerola pulp	5%
beetroot juice	2%
lemon juice	1%
guarana powder	0,5%



Dr. **Blend**



PASSION

POMEGRANATE | N°7

17:00 JUICE

Nº 8 - YELLOW MACHINE

The Yellow Machine is juice made entirely of 100% naturally fresh lemon juice. Not from concentrate, but cold-pressed HPP lemon juice. It is low in calories and fat-free. There are no artificial sugars, preservatives, colourants, or sweeteners in this product. Fresh and chilled, delivered to your home or office. Lemon juice from Yellow Freshness has a sweet and sour taste.

NUTRITIONAL VALUE PER 100ML

energy	36 kJ/ 8 kcal
fat	0,0 g
- of which saturates	0,0 g
carbohydrate	1,9 g
- of which sugars	1,9 g
fibre	0,0 g
protein	0,2 g
salt	4 mg

INGREDIENTS

water	70%
lemon juice	30%





Dr. **Blend**



YELLOW MACHINE

WATER
LEMONJUICE

N° 8

18:30 JUICE

Nº 9 - JUST BEAT IT

Our Just Beat It juice contains 100% pure fresh fruits and vegetables. Pomegranate, beetroot, and carrot cold-pressed HPP juice. Cold-pressed juice of pomegranate, beetroot and carrot. It is low in calories and fat-free. No sugar, preservatives, colourants, or sweeteners have been added. Fresh and chilled, delivered to your home or office.



NUTRITIONAL VALUE PER 100ML

<u>energy</u>	207 kJ/ 49 kcal
<u>fat</u>	0,2 g
<u>- of which saturates</u>	0,0 g
<u>carbohydrate</u>	10,4 g
<u>- of which sugars</u>	9,2 g
<u>fiber</u>	1,1 g
<u>protein</u>	0,7 g
<u>salt</u>	0,03 g

INGREDIENTS

<u>carrot juice</u>	20%
<u>mango pulp</u>	20%
<u>apple juice</u>	18%
<u>beetroot juice</u>	18%
<u>parsnip pulp</u>	12%
<u>pear juice</u>	5,3%
<u>watermelon juice</u>	2%
<u>pomegranate juice</u>	2%
<u>lime juice</u>	2%
<u>spinach juice</u>	0,7%



Dr. **Blend**



JUST BEAT IT

BEETROOT
POMEGRANATE
CARROT

N°9

SHOTBOXES

Also available separately with the ginger, turmeric and pomegranate shot boxes.

This way you always have enough health at home!



TURMERIC SHOT

- Contains: zinc, iron, magnesium, calcium, vitamins A, B1, B2, B3, B6, B12, C and D







GINGER SHOT

- Contains: iron, calcium, zinc, vitamins B1, B2 and B6 and antioxidants

POMEGRANATE SHOT

- Contains: collagen, vitamins C, K and antioxidants

DID YOU KNOW THAT ...

-  You will receive a free DetoxBox or SlimBox if five of your friends or / and colleague order at the same time
-  You receive 5% discount when creating your account
-  You receive loyalty points after every Box purchase. You can then spend these points to receive a free DetoxBox, SlimBox or Combi Detox Box
-  You receive loyalty points as soon as your account is created
-  You receive a discount on DetoxBox and SlimBox if you use our periodic delivery service
-  By following us on Instagram **@DrBlend** you can participate in many contests. Best of luck!

ASK DR. BLEND

At Dr. Blend, we do everything we can to help you achieve optimal results. In order to assist you as well as possible, below you will find a list of the most frequently asked questions. Is your question not included? To find your question, please visit our website drblend.com/en/faq. Still not helpful? Do not hesitate to send us a message!

After the juice cleanse?

At Dr. Blend we are here to help you both before and after the juice cleanse, to accompany you and to ensure your body remains stable after your treatment. Once the juice cleanse is over, we are aware that the experience can be difficult for many people. For example, it is difficult to determine what you can eat again. But in any case, after the juice cleanse your body should slowly get used to solid foods again. We advise you not to go back to your old diet too soon, however. Choose a diet with little salt, eat fibres and as little meat and fish as possible. Keep drinking water and fresh juices for a while.

Can I drink tea during the juice cleanse?

Yes, but preferably herbal tea, such as ginger tea or mint tea.

Can I exercise during the juice cleanse?

Yes, but we recommend light cardio. If you have dizziness do not continue to exercise.

What are the possible side effects?

Each person and body reacts differently. Some may be overcome with a lot of energy, others less. Some people may sleep less well, or suffer from headaches, colds or even chills.

ASK DR. BLEND

What is the shelf life of Dr. Blend juices?

Due to the unique high pressure press process, the juices can be stored for 10-15 days. If you want to freeze the products, you can store the juices for 3 months. The juices can be stored in the refrigerator as well as outside if the temperature does not drop below 3 degrees.

Customer service

You can reach us on the site by filling out the contact form or call us on +44 203 608 6517 7/7 days. Weekdays until 10 p.m., weekends until 7 p.m. Response time within 4 hours.

How are Dr. Blend juices produced?

The juices are cold-pressed, a hydraulic press, exposes the shredded product to an extreme pressure between two plates: the pressure causes a content of juice, water of the product in a collection tank, leaving the fibre contained in the filter bag. The fibres are usually composted or recycled into food products. Prepared this way, cold-pressed juices can be stored for up to 10-15 days.

INSTAGRAM @DRBLEND

Join our community on Instagram at @DrBlend! Stay up-to-date with the latest news and our various contests. Anecdotes, information, etc. created exclusively for you!







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