



Dr. **Blend**

For Good



100% Pure, 100% Raw

Latest Cold Pressed **High Pressure Process**
technology



Dr. Blend



RABBIT

CARROT
ORANGE
GINGER

N°6

WELCOME

Thank you for your purchase.

Dr. Blend is here to bring you a healthy lifestyle. Perhaps you are already working maybe on it and you want to keep it like that? 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 it for you!

Good luck in your juice cleanse period and good experience to you all.

A stylized, handwritten signature in black ink, featuring a large, looping 'J' and 'S' that are connected, with a small dot at the end of the signature.

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 SlimBox: 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 as a standard. 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 juices 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 focus 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 always get premium quality.



Dr. Blend
The Good

E1 CLEANSE BOX

Dr. Blend



GREEN SWEETNESS
SWEETENED SPINACH
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 optimally, less waste is produced.

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, 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 ultimate 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 this juice cleanse of Dr. Blend.

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 liters per day

SLIMBOX JUICES





GOOD TO KNOW

☺ Everyone experiences a juice cleanse differently. During the juice cleanse you can feel more energetic. This is because your body has to digest less. You also may have less energy to exert yourself. The number of calories you consume is lower than your body is used to. Do you still want to keep exercising during your juice cleanse? 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.

08:00 SHOT

Nº 1 - KICK IT

Due to the composition of turmeric, black pepper, pineapple juice and lemon juice, this shot in the Dr. Blend SlimBox is the kickstarter of your juice cleanse. The spice turmeric is extracted from it and is a traditional and popular medicinal spice in many countries. The combination of turmeric and black pepper provides a sharp start to your 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 | N° 1

08:30 JUICE

Nº 2 - POPEYE

This green juice is a good mix of vitamins and antioxidants. After the Popeye juice you will get through your morning full of energy. This juice contains spinach with iron, folic acid and vegetable omega-3 fats. These substances have beneficial health effects, such as reducing the risk of cardiovascular disease. Both spinach and kale are rich in vitamins A, B and C. Apples contain pectin, a substance that contributes to the balance of cholesterol levels, and provides a fresh taste. In short: the perfect juice for a variety of nutrients.



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%



Dr. **Blend**



POPEYE

SPINACH
KALE
GINGER

Nº 2

09:30 JUICE

Nº 3 - CARRYON

This vegetable juice contains fiber and relatively few calories. Celery and cucumber are known to have a positive effect on the digestive system and the kidney. Carrots contain vitamins: vitamins A, B, C and E which are present in the CarryOn.

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%





Dr. **Blend**



CARRYON

CARROT
CUCUMBER
CELERY

Nº 3

11:30 SHOT

Nº 4 - GINGERO

Your afternoon is off to a good start with the GingerO. This shot has a positive effect due to the ingredient ginger and also provides the necessary extra kick. Apple contains pectin, a substance that contributes to the balance of the cholesterol level.

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%





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GINGERO

GINGER | N° 4

12:00 JUICE

Nº 5 - GREEN METAL

The Green Metal contains iron, in the form of celery and spinach. Iron stimulates hemoglobin production in the blood. Hemoglobin provides oxygen in the blood and oxygen counteracts fatigue. Calcium and vitamin K ensure strong bones.

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

The combination of cucumber, spinach and celery gives the Green Machine a fresh taste. This juice contains minerals, such as potassium. Potassium regulates the fluid balance and blood pressure in the body. Rightly so, the Green Machine.

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

spinach juice	25%
cucumber juice	25%
apple juice	25%
celery juice	20%
lemon juice	5%





Dr. **Blend**



GREEN MACHINE

CELERY
SPINACH
CUCUMBER

N° 6

15:00 SHOT

Nº 7 - PASSION

This pomegranate shot with guarana is added into the Dr. Blend SlimBox to give you an extra helping hand. It's a powerful shot with minerals and phytonutrients. Guarana contains natural caffeine.



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

This juice is a perfect way to end the afternoon. This juice is all about lemon. Lemon juice contains vitamins C, B, calcium, iron, magnesium and potassium. These substances ensure proper functioning of the nervous system, but also support the immune system. That is why this juice is indispensable in our juice cleanse.

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

Nº 8

Nº 9 - RED MACHINE

This juice is a perfect way to end the afternoon. This juice is all about lemon. Lemon juice contains vitamins C, B, calcium, iron, magnesium and potassium. These substances ensure proper functioning of the nervous system, but also support the immune system. That is why this juice is indispensable in our juice cleanse.

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%





Dr. **Blend**



RED MACHINE

BEETROOT
PARSNIP
GINGER

Nº 9

SHOTBOX

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

- Bevat: collagenen, vitaminen C, K en antioxidanten

DID YOU KNOW THAT ...



You can receive a DetoxBox or a SlimBox for free if five of your friends or / and colleague order at the same time



You receive 5% discount when creating your account



You get loyalty points after every Box purchase, then you can use those points to receive a free DetoxBox or SlimBox



You receive loyalty points as soon as your account is created



You get 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 help you as well, you will find below a list of the most frequently asked questions. Does your question not in there? You can find it on our site drblend.com/en/faq. Is this not helpful to you? Do not hesitate to send us a message!

After the juice cleanse?

At Dr. Blend we are here to help you in a before and after the juice cleanse, to accompany you and to remain stable after your treatment. When it's over, we know that the experience can be a difficult time for many people. It's difficult to estimate what is allowed to eat again, after the juice cleanse, your body should slowly get used to solid food again. We advise you not to go back to your old diet too soon. Choose a diet with little salt, eat fibers 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 the exercise.

What are the possible side effects?

Each person and body reacts differently. Some may receive 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 +33 173043751 7/7 days. Weekdays until 10 p.m., weekends until 7 p.m. Response time within 4 hours.

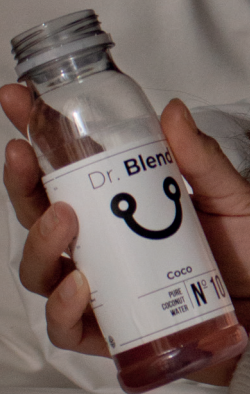
How are Dr. Blend juices produced?

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 fiber contained in the filter bag. The fibers 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 updated with the latest news and our various contests. Anecdotes, information compiled just for you!







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