



» — NINE LIVES — ◀

how.what.when.why.



to start Antidote-ing call
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why cleanse?

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living it up is no sin but let us provide you with the fuel to keep going!

our drinks are a 15-minute express to nutrition as they go directly into the bloodstream & are easily assimilated.

allow your digestive system to go on a vacation & let our all-natural, superfood extracts ensure your body functions at its best.

do away with your vitamin pill! cold pressing ensures there is less oxidation, more live enzymes & the juices and milks are richer in nutrients for a longer period of time.

*“don’t drown your indulgences,
drink your Antidote”*

what it is.

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ANTIDOTE is an organic & cold-pressed juice cleanse service.

- our drinks are *freshly pressed*
- our drinks are made of the *finest organic produce*
- our drinks are high in *vitamin & mineral content*
- our drinks are *gluten & dairy-free*
- our drinks contain *no artificial sweeteners, preservatives, flavors or colour*
- our drinks are *100% vegetarian*

we offer a range of *5 bespoke cleanses* that *fulfill & nourish* every need of your body. each cleanse entails 4 bottles.

for anti-ageing

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»—— NINE LIVES ——

DRINK YOUR YOUTH | Rs 950

this heavenly cleanse is sure to make you bloom, the catechins present in Green Tea aid fat-burn & rev-up metabolism. another ace extract, Ashwagandha, boosts the adrenal glands thereby acting as an aphrodisiac & an anti-depressant. it also ensures the body remains in mint condition by moisturizing & repairing the organs simultaneously.

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01 The Pumper

pear, spinach, wheatgrass & moringa extract

02 The Polisher

pineapple, pear, arugula, peppermint, cinnamon, ginger, green tea & ashwagandha extract

03 The Rejuvenator

apple, carrot, beetroot, ginger, lemon & mangosteen extract

04 The Energizer

apple, bell pepper, basil, ginger & noni extract

** please refer to the juice information section for more on these juices & nut milks.*

how to use.

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Antidote drinks should be ideally consumed 90 minutes away from meals & each other.

In the following order...

01 *upon rising*

02 *at noon*

03 *during late-afternoon*

04 *in the evening*

Small, freshly cooked meals are recommended.

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step closer to...

- ◇ steamed & sautéed meals
- ◇ high protein sources such as nuts, seeds & sprouted lentils or beans
- ◇ whole grains such as millet, gram flour, brown rice, oats and the likes
- ◇ deep breathing
- ◇ massages
- ◇ medium strength exercise
- ◇ herbal teas
- ◇ water, water & more water

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keep away from...

- ◇ refined sugars
- ◇ fried & processed foods
- ◇ refined flours
- ◇ soda & aerated drinks
- ◇ caffeine
- ◇ alcohol (if required, limit intake to a maximum of 2 glasses of wine)

juice information

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THE PUMPER

pear, spinach, wheatgrass & moringa extract

this super concoction detoxifies and repairs simultaneously. Moringa, a complete food in itself, has 7 times the vitamin C in oranges, 36 times the magnesium in eggs & 50 times the vitamin B3 in peanuts. Wheatgrass oxygenates cells and takes no longer than a minutes to digest! it's numerous enzymes and amino acids protect you from carcinogens. Pears are rich in phytonutrients such as copper, manganese & iron, which are great for gut flora. together with Spinach, it provides enough chlorophyll to kick-start an inexhaustible reserve of stamina. do like Popeye and take a swig, it won't disappoint!

juice information

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THE POLISHER

pineapple, pear, arugula, green tea, peppermint, cinnamon, ginger & ashwagandha extract

this delightful draught with the king fruit, Pineapple, takes care of bromelain, vitamin C & proteolytic enzyme requirements of the body. add Pears plus Arugula for a strong lung & bone tonic & digestive aid. Green Tea catechins aid in fat-burn & rev-up metabolism. Cinnamon keeps blood sugar levels in check. Ashwagandha boosts the adrenal glands, which also makes it an aphrodisiac. the wonder herb is known to be anti-aging, moisturizing & an anti-depressant. these drops of heaven are sure to hatch you a halo!

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THE REJUVENATOR

apple, carrot, beetroot, ginger & mangosteen extract

beam away with Beets, a wonder veggie that provides nitrates & increases stamina. the betalain pigment, a combination of B-complex & choline, neutralizes toxins & supports natural detoxification. amongst the rare 200 xanthonenes, 40 of them are found in Mangosteen. this supreme fruit is anti-allergic, great for skin disorders & bowel movements. post this divine dose you won't need a flashlight to shine!

juice information

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THE ENERGIZER

apple, bell pepper, basil, ginger & noni extract

activate your chakras with this potion containing Noni, a super-food that gets your feel-good hormones going. it has active plant compounds that fight cancer. this anti-bacterial is also responsible for lustrous locks. Red and Green Peppers loaded in collagen are skin saviors. adding flavor to this blend, Sweet Basil, is a nerve tonic & protects from the common cold. you might find yourself hopping around like an energizer bunny on this one!

disclaimer & allergy advice

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Antidote is serving organic, coldpressed, fresh juices & milks plus natural extracts in medically recommended dosages. nothing more. nothing less.

furthermore, we are serving UNPASTEURIZED, PRESERVATIVE-FREE & 100% VEGAN drinks. Antidote juices have no added sugar or fructose & all Antidote milks are dairy & gluten-free.

we are not responsible for any unforeseen reactions, allergic or otherwise. please do mention at time of placing order if any allergies to specific products, nuts, fruits or vegetables exist. we will then formulate your program or cleanse accordingly.

Antidote programs & cleanses do not claim to prevent, cure or treat any illnesses, but are suggested as part of a healthy lifestyle.

IF YOU SUFFER FROM ANY HEALTH CONDITION OR CONCERNS, YOU ARE RESPONSIBLE FOR CONSULTING WITH YOUR GP BEFORE GOING ON A PROGRAM OR CLEANSE WITH ANTIDOTE.



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