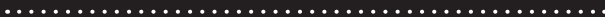




» — EXHALE — ◀

how.what.when.why.



to start Antidote-ing call
+91 9717412218 | +91 9717412318

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.

to purify & clean...

.....

»— EXHALE —◀

DRINK YOUR DETOX | Rs 850

this cleanse is sure to transform you into a flawless creature with the goodness of leafy greens, power packed with free-radical fighting properties. Wheatgrass has numerous enzymes & amino acids that protect from carcinogens while Courgettes skimp on calories yet splurge on essential minerals that optimize the body's organ functions.

.....

01 The Starter

*parsley, peppermint, lemon, ginger, turmeric, wild-rose
honey & alkaline water*

02 The Pumper

pear, spinach, wheatgrass & moringa extract

03 The Flusher

carrot, apple, celery, ginger & green coffee extract

04 The Alkalizer

apple, courgette, spinach, parsley, peppermint & lemon

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

how to use.

.....

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.

.....
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

.....
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 STARTER

*lemon, raw honey, ginger, turmeric, ginger, parsley,
peppermint & alkaline water*

awaken your ions with a zing of Ginger & Turmeric—they decongest and stimulate circulation. Raw Honey acts as an anti-bacterial, while Peppermint conditions the colon & relaxes intestinal muscles, thereby de-bloating & de-puffing. Parsley, acts as a stellar source of folic acid and other anti-oxidant oils—it also counteracts hair loss and dry skin. this neo lemon-aid kicks off your cleansing process, and gives you a makeover worth millions!

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!

.....

THE FLUSHER

apple, carrot, celery, ginger & green coffee extract

give in to the miracles of Green Coffee, it contains chlorogenic acid, which inhibits the release of sugar and promotes the body's ability to burn fat. Carrots bring in big amounts of vitamin A that helps flush out toxins and retards cell decay. Celery is like an edible toothbrush, disinfecting & refreshing your breath. starving is so last season, the only way to look as hot as a herbivore is by binging on this brew.

juice information

THE ALKALIZER

apple, courgette, parsley & peppermint

soak yourself in the goodness of this green juice that is power packed with free-radical fighting properties. Courgettes skimp on calories yet splurge on vitamins, such as A & C, along with other essential minerals like potassium and phosphorous, which optimize the body's organ functions. the pectin's and polyphenols in Apple are ace antioxidants. all in all this mix will balance your body's PH levels, transforming you into a flawless creature.

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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