



» — HORSEPOWER — «

*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 protein & strength...**

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DRINK YOUR MIGHT! | Rs 950

a swig of this genius cleanse will turn you into popeye, enriched with Moringa, a complete food in itself, which has 7 times the vitamin C in oranges, 36 times the magnesium in eggs & 50 times the vitamin B3 in peanuts. moreover, Chlorella, a plant-based algae, is 65% of pure protein and contains more calcium than cow's milk.

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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 Conditioner

*almond, coconut sugar & vanilla water*

**04** The Booster

*coconut, maple syrup, chlorella & alkaline water*

*\* 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 CONDITIONER**

*almond, vanilla water & coconut sugar*

Almond Milk is a star drink for skin & bone health. it's high-protein, fat-free & lactose-free with high levels of vitamin E that retains moisture in the epidermis & keeps the skin looking plump & muscles taut. Coconut Sugar has half the GI of table sugar & is packed with amino acids. a dash of Vanilla Water completes this mix with B-complex & zinc. take to this new-age milk if you want to keep clean as a whistle, yet radiating like the sun!

## juice information

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### **THE BOOSTER**

*coconut, chlorella, raw honey & alkaline water*

this wholesome drink is a hero – Chlorella, a plant-based algae, is 65% of pure protein. it also contains all B vitamins, essential fatty acids & more calcium than cow's milk. aiding the absorption of all these marvelous minerals & vitamins is Coconut Milk. due to its high levels of magnesium & phosphorous it speeds up metabolism & spreads calmness. it keeps you fuller for longer, so those hunger pangs are at bay. go on, chug this one for both strength & satisfaction.

## 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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