



» — LIGHT UP — «

*how.what.when.why.*



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

## why cleanse?

.....

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.

.....

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 skin & hair...**

.....

» — LIGHT UP — «

DRINK YOUR GLOW | Rs 950

imbued with superfood extracts of the tropical fruit Mangosteen & exotic berry, Noni, this cleanse will leave you radiating like the sun. amongst the rare 200 xanthones, 40 of them are found in Mangosteen, which makes it great for skin disorders. Noni, has active plant compounds that give you locks as lustrous as the moon.

.....

**01** The Alkalizer

*apple, courgette, spinach, parsley, peppermint & lemon*

**02** The Rejuvenator

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

**03** The Conditioner

*almond, coconut sugar & vanilla water*

**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.

.....

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

---

### **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.

## juice information

---

### 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!

.....

## **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

.....

### **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

.....

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.



[www.antidote.co.in](http://www.antidote.co.in)

email | [antidotecleanses@gmail.com](mailto:antidotecleanses@gmail.com)