



YOU CAN DO IT! FEEL GOOD!

YAY!

IT'S A SPA RETREAT FOR YOUR INSIDES!

WELCOME!

IT'S TIME TO JUMP-START YOUR HEALTH!

IF THIS IS YOUR FIRST TIME TRYING CAN CAN CLEANSE, OR ANY CLEANSE, I'M DELIGHTED TO GUIDE YOU THROUGH THE EXPERIENCE. IF YOU HAVE CAN CAN'ED WITH ME BEFORE, I'M SO GLAD TO HAVE YOU BACK!

HAPPY CAN CAN'ING!



TERESA

WHEN TO DRINK YOUR BEVERAGES?

Each day of your cleanse you'll consume 8 beverages (#1-#8) in this suggested order:

- 8:00am* #1 Chia Fruit Juice
- 9:00am #2 Sunrise Nut Milk
- 10:30am #3 Green Juice
- 12:30pm #4 Winter Orange Soup
- 2:30pm #5 Spiced Apple Juice
- 5:00pm #6 Green Juice
- 7:00pm #7 Mixed Nut Milk
- 8:00pm #8 Echinacea Lemongrass Tea

MOST IMPORTANTLY, WHEN CLEANSING, LISTEN TO YOUR BODY!

*Please skew timeline based on your wake-up time. Beverage order may be adjusted to fit your lifestyle.

FOLLOW US FOR INSPIRATION & UPDATES!



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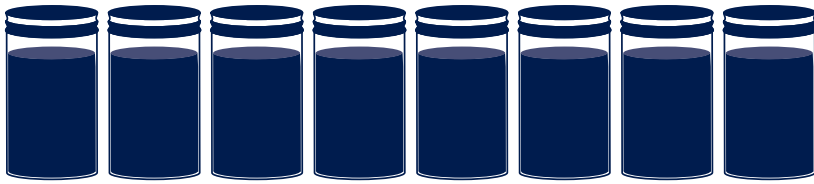
CARE GUIDELINES...

FOR YOU AND YOUR CLEANSE!

- Please refrigerate all beverages.
- Each bag is 1-day and contains 8 numbered and labeled beverages.
- Consume beverages #1-#8 per day.
- The soup (#4) and the herbal tea (#8) are suggested to be warmed (if you are using the microwave, please heat on a low temperature)
- To heat the tea: split tea in half portion. Heat a separate pot of hot water. Add 1/2 cup of hot water to each tea. Enjoy two cups of tea!
- Drink plenty of water (approx 64 oz) throughout each day. More herbal tea is ok to drink.
- Exercise? Yes! The Power Cleanse is designed to offer more calories to fuel moderate workouts. Approach workouts based on how you feel each day.
- Get good sleep and plenty of rest!

OK!

YOU CAN DO IT! READY?! OK!



ALL BEVERAGES ARE MADE
FRESH WITH ORGANIC
NUTRIENT-RICH INGREDIENTS!

No additives or supplements

LOTS OF VITAMINS & MINERALS

THE GOOD-FOR-YOU STUFF!

LIFE AT CAN CAN IS ALWAYS

FRESH! ORGANIC! UNPASTEURIZED!

#1 CHIA FRUIT JUICE

Ingredients (12oz): Chia Seeds, Apple, Hibiscus, Filtered Water

#2 SUNRISE NUT MILK

Ingredients (12oz): Orange, Carrot, Ginger, Almonds, Hazelnuts, Brazil Nuts, Cinnamon, Dates, Filtered Water

#3 GREEN JUICE

Ingredients (12oz): Cucumber, Celery, Parsley, Kale, Cabbage, Broccoli, Fennel, Spinach, Romaine, Lemon, Ginger, Apple

#4 WINTER ORANGE SOUP

ENJOY HOT!

Ingredients (12oz): Carrot, Butternut Squash, Onion, Celery, Ginger, Cayenne, Cumin, Curry, Cinnamon, Olive Oil, Coconut Oil, Sea Salt, Filtered Water

#5 SPICED APPLE JUICE

Ingredients (12oz): Apple, Fennel, Cinnamon, Nutmeg, Cloves, Filtered Water

#6 GREEN JUICE

Ingredients (12oz): Cucumber, Celery, Parsley, Kale, Cabbage, Broccoli, Fennel, Spinach, Romaine, Lemon, Ginger, Apple

#7 MIXED NUT MILK

Ingredients (12oz): Whole Almonds, Hazelnuts, Brazil Nuts, Cinnamon, Dates, Filtered Water

#8 ECHINACEA LEMONGRASS TEA

ENJOY HOT!

Ingredients (12oz): Dried Echinacea and Lemongrass, Filtered Water (Herbal)

ALLERGY ALERT!

CAN CAN Cleanse contains nuts and is produced in a facility that handles nuts; please let us know if you have any food, liquid, herb or spice sensitivities, intolerances, or allergies.

WARNING!

CAN CAN Cleanse beverages have not been pasteurized. Consuming unpasteurized products may contain harmful bacteria that can cause serious illness in children, the elderly, pregnant and breastfeeding women, and persons with disease, illness or weakened immune systems.

THE FINE PRINT!