



WYSI WYG CLEANSES

100% RAW JUICE. PURE & SIMPLE.

• WHY CLEANSE? •

We may not realize how little nutrition and how many unhealthy ingredients are in our food—particularly processed food. Even the stress of everyday life, anxiety and negative thinking can be harmful to our body. Committing to a juice cleanse is a great way to help establish (or re-establish) healthy habits and give yourself the amazing hydration and nutrition you need to rejuvenate and refresh your body and mind.

• BENEFITS OF CLEANSING •

STRENGTHENS IMMUNE SYSTEM

INCREASES ENERGY LEVELS

INCREASES DIGESTIVE FUNCTION

KICKSTARTS WEIGHT LOSS

IMPROVES SKIN AND HAIR

IMPROVES MENTAL CLARITY

For more information or to get started visit with our staff for details.



'wi-zē-wig'

WHAT YOU SEE IS WHAT YOU GET

507.387.5651 | 527 S. FRONT ST. MANKATO, MN 56001 | wysiwygjuice.com

CLEANSE PACKAGES

PRE-CLEANSE • CLEANSE • POST-CLEANSE

1 DAY PACKAGES \$47 | 3 DAY PACKAGES \$140 | 5 DAY PACKAGES \$235

Receive a 5% discount with purchase of a pre-cleanse, cleanse and post-cleanse.
See staff for details.

PRE-CLEANSE PACKAGES

1, 3 or 5 DAYS

PER DAY:

1 SMOOTHIE OR OATS
(breakfast)

3 JUICES
(drink throughout the day)

2 SALADS OR 2 BOWLS
(lunch and dinner)

POST-CLEANSE PACKAGES

1, 3 or 5 DAYS

PER DAY:

2 SMOOTHIE OR OATS
(breakfast and lunch)

3 JUICES
(drink throughout the day)

1 SALAD OR 1 BOWL
(dinner)

CLEANSE PACKAGES

1, 3 or 5 DAYS

WHOLESOME CLEANSE

FOR BEGINNERS

PER DAY:

4 JUICES
(drink throughout the day)

1 NUT MILK
(drink 8 oz. throughout the day, 8 oz. at bed)

1 SALAD OR 1 BOWL
(dinner)

ACTIVE CLEANSE

FOR ATHLETES OR THE ACTIVE JUICER

PER DAY:

JUICES: 4/DAY
(drink throughout the day)

NUT MILK: 1/DAY
(drink 4 oz. throughout the day,
4 oz. pre-activity, 8 oz. at bed)

SMOOTHIE: 1/DAY
(recommended post-activity)



ESSENTIAL CLEANSE

FOR EVERYONE

PER DAY:

5 JUICES
(drink throughout the day)

1 NUT MILK
(drink 8 oz. throughout the day, 8 oz. at bed)

GREEN CLEANSE

FOR SERIOUS JUICERS

PER DAY:

5 JUICES
(drink throughout the day)



1 NUT MILK
(drink 8 oz. throughout the day, 8 oz. at bed)