

1DAY (2500ml) ¥ 5500	2DAYS ¥ 500 discount!	3DAYS ¥ 1000 discount!!
----------------------------	-----------------------------	-------------------------------

# FARMERS' 1-DAY CLEANSE


















## What is juice cleansing?

Juice fasting, also known as juice cleansing, is a controversial fasting method and a detox diet in which a person consumes only fruit and vegetable juices to obtain nutrition while otherwise abstaining from food consumption.

## 3 good points of FARMERS' 1-DAY CLEANSE

- ① Almost all of the materials are domestic.
- ② You can take nutrition of fresh vegetables and fruit much. All juice is additive-free.
- ③ All juice is tast good, so you can cleanse happily.

## You can choose from 3 programs.

No.1 -BASIC PROGRAM	No.2 -GREEN CHARGE PROGRAM	No.3 -BRILLIANT FRUIT PROGRAM
 <p>AM 10:00 Busy Work GREEN 500ml Komatsuna (Japanese mustard spinach) apple, kiwi, orange, ginger</p>	 <p>PM 10:00 Have a Break RED 500ml beet, strawberry, apple, carrot</p>	 <p>AM 10:00 Busy Work GREEN 500ml Komatsuna (Japanese mustard spinach) apple, kiwi, orange, ginger</p>
 <p>PM 12:00 Nice Weekend WHITE 500ml grapefruit, chinese cabbage, apple, celery, white radish</p>	 <p>PM 12:00 Deep GREEN Detox 500ml Spirulina, Komatsuna (Japanese mustard spinach), parsley, grapefruit apple</p>	 <p>PM 12:00 Good Morning ORANGE 500ml orange, pineapple, carrot</p>
 <p>PM 14:00 Good Morning ORANGE 500ml orange, pineapple, carrot</p>	 <p>PM 14:00 Good Morning ORANGE 500ml orange, pineapple, carrot</p>	 <p>PM 14:00 Have a Break RED 500ml beet, strawberry, apple, carrot</p>
 <p>PM 16:00 Have a Break RED 500ml beet, strawberry, apple, carrot</p>	 <p>PM 16:00 Busy Work GREEN 500ml Komatsuna (Japanese mustard spinach) apple, kiwi, orange, ginger</p>	 <p>PM 16:00 After 6 YELLOW 500ml chinese cabbage, orange, apple, ginger turmeric</p>
 <p>PM 18:00 After 6 YELLOW 500ml chinese cabbage, orange, apple, ginger turmeric</p>	 <p>PM 18:00 Dreamin PURPLE 500ml red cabbage, grapefruit, apple</p>	 <p>PM 18:00 Dreamin PURPLE 500ml red cabbage, grapefruit, apple</p>

## How to order?

Please make a reservation by the day before cleansing (reservation by phone is accepted).

FARMERS' JUICE TOKYO	
TEL	03-6450-9097
Hours	AM10:00 ~ PM20:00
HP	www.farmersjuicetokyo.com