



3-Day Cell Glow & Hydration Protocol

6 functional cold-pressed juices daily

Day 1 - Hydration Foundation

Morning Glow opens the day, followed by hydration, colourful roots and a gentle mineral finish.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	01 Morning Glow	Cold-Pressed Juice	500 ml	Apple, spinach, lemon, ginger
10:30 AM	02 Cucumber Hydration	Cold-Pressed Juice	500 ml	Cucumber, celery, coconut water, lime, mint, electrolyte blend (sodium citrate, potassium citrate, magnesium citrate)
1:00 PM	03 Carrot Kick	Cold-Pressed Juice	500 ml	Carrot, orange, lemon, ginger, plant-based collagen support blend (acerola, amla), soluble silica
3:30 PM	04 Beet Boost	Cold-Pressed Juice	500 ml	Beetroot, green apple, carrot, lemon, ginger
5:30 PM	05 Pineapple Mint	Cold-Pressed Juice	500 ml	Pineapple, green apple, lemon, mint
7:30 PM	06 Celery Lime Mineral Hydration	Cold-Pressed Juice	500 ml	Celery, lime, lemon, ginger, ionic mineral blend (sodium citrate, magnesium citrate, sea mineral concentrate)



Day 2 - Antioxidant Glow

6 functional cold-pressed juices

Green vegetables, aloe, colourful produce and vitamin-C-rich citrus ingredients.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	01 Green Cleanse	Cold-Pressed Juice	500 ml	Celery, spinach, kale, lemon, parsley, isolated chlorophyll
10:30 AM	02 Crisp Lemon Refresh	Cold-Pressed Juice	500 ml	Coconut water, lemon, mint, aloe vera gel, electrolyte blend (sodium citrate, potassium citrate, magnesium citrate)
1:00 PM	03 Citrus Glow	Cold-Pressed Juice	500 ml	Orange, grapefruit, lemon, fresh turmeric, plant-based collagen support blend (acerola, amla), soluble silica
3:30 PM	04 Deep Greens	Cold-Pressed Juice	500 ml	Celery, kale, spinach, parsley, lemon, ginger, isolated chlorophyll
5:30 PM	05 Watermelon Hydration	Cold-Pressed Juice	500 ml	Watermelon, cucumber, lime, mint
7:30 PM	06 Ruby Root Mineral Hydration	Cold-Pressed Juice	500 ml	Beetroot, lemon, ginger, green apple, ionic mineral blend (sodium citrate, magnesium citrate, sea mineral concentrate)



Day 3 - Cell Glow Balance

6 functional cold-pressed juices

Hydrating fruit, vegetable-forward greens, roots, citrus and a mineral evening blend.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	01 Lean Green	Cold-Pressed Juice	500 ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger, isolated chlorophyll
10:30 AM	02 Tropical Hydration	Cold-Pressed Juice	500 ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint, electrolyte blend (sodium citrate, potassium citrate, magnesium citrate)
1:00 PM	03 Carrot Orange Ginger	Cold-Pressed Juice	500 ml	Carrot, orange, lemon, ginger, fresh turmeric, plant-based collagen support blend (acerola, amla), soluble silica
3:30 PM	04 Cucumber Mint Green Juice	Cold-Pressed Juice	500 ml	Cucumber, celery, spinach, kale, mint, lime
5:30 PM	05 Tropical Thunder	Cold-Pressed Juice	500 ml	Pineapple, lime, coconut water
7:30 PM	06 Carrot Beet Lemon Mineral Hydration	Cold-Pressed Juice	500 ml	Carrot, beetroot, grapefruit, lemon, ginger, ionic mineral blend (sodium citrate, magnesium citrate, sea mineral concentrate)

WHAT IS SUPPLIED	18 cold-pressed juices 9 litres
DAILY STRUCTURE	6 cold-pressed juices 3 litres
FUNCTIONAL ACTIVES	Plant-based collagen support blend, soluble silica, isolated chlorophyll, electrolytes and ionic minerals



Your Cell Glow Protocol Guide

Simple preparation and three-day guidance

Before the protocol	During the protocol
The day before, choose balanced meals and reduce alcohol, fried food and very heavy meals. Maintain normal hydration and check any medicines for grapefruit interactions.	Keep every bottle refrigerated and drink in numbered order. A 30-60 minute timing change is acceptable. Drink additional water according to thirst and UAE heat exposure. Avoid strenuous exercise and alcohol.
After the protocol	
Return gradually to balanced meals. Begin with soup, oats, cooked vegetables, grains and a suitable protein source rather than a very heavy or fried meal.	
Important	
This is a short commercial wellness programme, not a treatment for acne, inflammation or any medical condition. Do not begin without professional advice if pregnant or breastfeeding, taking glucose-lowering or grapefruit-sensitive medicine, or managing kidney, liver or eating-related conditions. Stop if you feel faint, confused, severely weak, develop persistent vomiting or diarrhoea, or have an allergic reaction.	