

FREQUENTLY ASKED QUESTIONS (FAQ)

What is a Reboot?

The Reboot is meant to help you in the beginning stages of your health journey, and to assist you in the creation of mindful eating habits. The Reboot contains various micronutrient dense juices, with the addition of all new meal equivalents that contain an increased macronutrient profile providing: energy, endurance, and increased cognitive function. It is the perfect way to power up your system with clean, plant-based nutrition for the day and get on track to a healthier life-style.

Are Beyond's juices & meal equivalents 100% organic?

Yes! We are excited to announce that our juice and meal equivalents are 100% organic. We strive to offer the best quality at a reasonable price point in order to accommodate as many customers as possible.

What are the differences between a juice cleanse and the Reboot?

Juicing and other forms of liquid meal equivalents are not meant to be a permanent diet, but rather help to shift you towards a healthier, more sustainable approach to food: helping decrease frequency of illness, rid the body of toxins, and jump-start weight loss. Juicing should not be viewed as an all-or-nothing diet approach, but rather a tool that aids in the formation of healthy eating habits.

The intent of our *juice cleanse* is to boost your health and eliminate excess waste. During metabolism, your body naturally produces toxins; juicing helps your body to “detox” and become more efficient at processing natural toxins, while eliminating those you're exposed to on a daily basis from the environment. Our juices are extremely micronutrient dense, packed full of essential vitamins and minerals that help flush and detox your system. We recommend our juice cleanse for those who are more sedentary and have the opportunity to rest their body for a one-three days.

In contrast, our *reboot* is meant to help you in the beginning stages of your health journey, and to assist you in the creation of mindful eating habits. It contains many of the same micronutrient dense juices as before, with the addition of all new meal equivalents that contain an increased macronutrient profile providing: energy, endurance, and increased cognitive function. We recommend our reboot for those who are more active individuals looking to kickstart their long-term health and wellness journey. Here at Beyond Juice, we understand that diet is a key factor in the prevention of chronic disease, and we want to make it a little easier for you to take control with delicious and nutritious products that get you started.

Are there any unpleasant side effects of the Reboot?

You may experience temporary bloating; the meal equivalents do include soluble and insoluble forms of fiber which have the possibility to cause bloating. The “good” bacteria in your gut are responsible for fermenting/digesting the fiber, leading to the production of gases. This is the

reason high-fiber diets can cause some gas and stomach discomfort in some people. These side effects usually go away with time as your body adjusts.

Majority of Americans are extremely deficient in their fiber consumption and get less than the Daily Recommended Intake (DRI). Fiber is great for reducing constipation and regulating digestion (on top of several other benefits).

*It is important to consider how you drink your juices; if you drink out of straws, this can lead to inhaling excess air which may cause some bloating.

***If you experience any abnormal reactions, you should break the cleanse immediately and seek help from a medical professional.**

What is fiber? How is it beneficial?

Essentially, fiber can be described as “non-digestible” carbohydrates and are split into two categories: soluble and insoluble. **Soluble fiber** is consumed by the healthy bacteria in your gut and is considered to be a “prebiotic”. It is fermented/digested by the bacteria in your gut, leading to gas production and temporary discomfort. This type of fiber promotes the growth of "good" gut bacteria, having several positive effects on your health: suppressing appetite, weight control, and improved digestive health. **Insoluble fiber** increases the bulk of your stool and speeds up its movement through your intestines, helping reduce constipation. This form of fiber cannot be digested by our body and is excreted as waste

For those reasons, research suggests that adequate fiber intake may benefit your digestion and reduce your risk of chronic disease.

Why should I wait in between juice consumption and meal equivalent consumption?

The presence of fiber in the meal equivalents will bind to fat soluble vitamins (Vitamins A,D,E, and K) and excrete them as waste. In order to maximize the benefits of the micronutrients provided in the juices, it is important to not drink the meal equivalent too quickly after the juice consumption: we recommend waiting for about two hours.

What does it mean if my urine turns bright yellow?

Bright yellow urine is a sign of excess B-vitamins (B2 and B12 mostly) in the body. Since B vitamins are water soluble, they are excreted in urine when we consume too many of them. This is not harmful and does not indicate toxicity.

***If you experience prolonged symptoms or other changes in urine after supplementing with the juices/meal equivalents, it could be a sign of dehydration or something more serious, in which case you may need to consult with a medical professional.**

Why is protein essential?

Protein is functional, and an essential macronutrient: it consists of all of our genetic material, produces hormones and enzymes, and handles the overall growth and maintenance of tissues in our body. Protein is extremely important to preserve, especially in those individuals who are more active and consistently depleting their energy reserves. If an individual is extremely active while simultaneously partaking in a juice cleanse, this could potentially lead to negative side effects resulting in the breakdown of protein instead glycogen (carbohydrate stored source of energy).

When you perform intense activity with low glycogen stores, protein breaks down in your body and is used for energy instead of glycogen, which is not beneficial. You cannot store protein the way you do carbohydrates, so it is important to eat it daily if you are active to ensure that amino acids are available to replenish the depleted proteins. If not, your body won't have enough amino acids to repair and replace damaged cells, eventually leading to a complete breakdown of body function (leading to muscle loss). This is why it is important to ensure that you are able to rest during a cleanse and take a break from strenuous activity.

For these reasons, we have decided to create a product geared towards more active individuals. These new protein meal equivalents are specially sourced to contain fiber, healthy fats, and 100% pure plant nutrition, free of inflammatory agents and additives. They can be a convenient addition to any diet, especially when access to quality high-protein foods are limited. Because a lot of energy is spent digesting and metabolizing protein, it also helps boost metabolism, and build muscle (which burns more calories than fat).

Is the protein present in the meal equivalents a complete source of protein?

Absolutely! A complete protein source is one that contains all of the nine essential amino acids that our body cannot synthesize on its own. The quinoa that is added to the meal equivalents is a complete and 100% plant based form of protein.

What is MCT oil?

Medium-chain triglycerides (MCT) contain medium-length chains of fats called triglycerides. Because they are shorter in length, they are easily digested and can be used as an instant source of energy. Research shows that they may also provide many other health benefits that support weight loss by: increasing fullness, fat loss, energy burning, and improving your gut environment.

Where is the added sugar in the meal equivalents coming from?

Natural, plant-based sources! We have chosen not to add any processed or refined sugars to our products because they add extra, unnecessary calories and sugar to your diet: leading to increased sugar cravings, potential weight gain, and increasing your risk for cardiovascular disease (with long term intake).

Why should I drink the Hot Shot first thing in the morning with hot water?

Drinking warm water with lemon first thing in the morning can help flush the digestive system and rehydrate the body. This is a great way to wake up your metabolism and get the day started.

How long should your Reboot last?

We recommend one to three days for the Reboot, depending on your schedule and personal goals.

Will I lose weight on the Reboot?

Our reboot is an easy way to consume a lot of nutrients without having to eat whole fruits and vegetables. It can be a helpful weight loss tool, but every person is different... Severely restricting calories in any diet (such as a cleanse or fast) doesn't usually lead to long-lasting weight loss and can leave you deficient in nutrients and calories. So while you may experience initial weight loss, it will be majorly be due to the loss of water weight.

Scientifically speaking, to lose weight you must be in a caloric deficit, meaning you must consume fewer calories than you burn. For this reason, juice diets do often lead to weight loss, at least in the short-term. If your goal is to be successful with long term weight loss, use this Reboot as the **beginning step** in your health and wellness journey. Once you have completed the reboot, continue with a lifelong, sustainable, healthy diet that includes whole foods and enough calories to keep your body functioning properly. This will give you the best chance to sustain long term weight loss.

Can everybody do a Reboot?

While the Reboot can be highly beneficial for junk food addicts, health nuts, and individuals with varying degrees of dedication to a healthy lifestyle, it is not right for everyone. If you have a medical condition or are taking medication, you should consult your doctor before doing a juice cleanse. Also, we DO NOT recommend a juice cleansing before the age of 18 or if you are pregnant or nursing. Nor is it recommended if you are underweight, have low blood pressure, or are closely watching your blood sugar. However, we would still suggest making our fresh beverages a part of your lifestyle, whether you are cleansing or not. Routine consumption of our juice will support your health and wellness goals, and keep you looking your best.

***If you have any concerns or questions on whether this is right for you – always consult your doctor before doing a juice cleanse.**

Can I do the Reboot if I am taking medication?

If you take any prescription medication, you should discuss doing the Reboot with a medical professional prior to starting.

When or how often should you do a Reboot?

The answer to this question is different for everyone. The reboot offering can help kick start a shift in your diet, or help you get back on track after overindulging during the holidays or on vacation. Many of our customers choose to cleanse as a seasonal routine to help maintain health goals. The frequency of your cleanses depend entirely on you and the needs of your body. Pay attention to your body and to how you are feeling! If you experience digestive problems, fatigue, irritability, restlessness, headaches or just feel out of balance, a Reboot may help you to reach a higher state of well-being.

How do I order my Reboot?

You can pick up the Reboot from any of our locations. Each store will have the package available for you to purchase at any time. There will be instructions with the Reboot and the suggested order that you should consume the items.

How should I store my juice?

Your juice should be refrigerated. If you need to transport your juice, place the necessary bottles in a cooler with ice to be accessed throughout the day.

Can I replace some juice flavors with others available?

Yes! We will have a “Standard Reboot” package containing our recommended flavors, or a “Build Your Reboot” package in which you will be able to switch out one of your juices from a variety of our juices.

***The juices selected for the “Standard Reboot” were formulated to offer maximum nutrient benefits. Changing the types of juices that you will consume may not offer the same benefits.**

Can I select my Meal Equivalent flavors?

Yes! We will have a “Standard Reboot” package containing our recommended flavors, or a “Build Your Reboot” package in which you will be able to select your two flavors from: matcha, chai, mocha, and golden. Each of the meal equivalents will have slight differences, but they all have the same protein, MCT oil, and fiber content. Two of the Meal Equivalents, Mocha and Matcha, have contain caffeine.

***We recommend that if you choose a meal equivalent that contains caffeine, that you drink it earlier in your day to avoid issues with your sleep schedule.**

How much caffeine does each of the Meal Equivalents have?

Mocha – 80mg caffeine

Matcha – 56mg caffeine

What are the ingredients in each Meal Equivalent?

The stores are stocked with each flavor and the ingredients are listed on the back. Each Meal Equivalent does contain Coconut. Mushrooms and two flavors contain caffeine. Please read the ingredients carefully if you have any allergies or food sensitivities.

Mocha (contains caffeine)

Ingredients: Gluten Free Ancient Grains (Oat Flour°, Oat Bran°, Amaranth°, Quinoa°, Buckwheat°, Millet°, Chia°), Pea Protein°, **Mocha Blend** (Freeze-Dried Coffee°, Heirloom Red Banana°, Cacao°, Maca Root°, Cinnamon°, Reishi Mushroom Extract°), Coconut Crystals°, Coconut Milk°, Sunflower Seed Protein°, Pumpkin Seed Protein°, Coconut MCT (MCT Oil°, Acacia Fiber°), Sea Buckthorn°, **Whole Food Vitamins & Minerals†** (Guava°, Lemon°, Sesbania°, Amla°, Holy Basil°, Annatto°), Himalayan Pink Salt, Stevia Leaf°, White Mushroom°

Matcha (contains caffeine)

Ingredients: Gluten Free Ancient Grains (Oat Flour°, Oat Bran°, Amaranth°, Quinoa°, Buckwheat°, Millet°, Chia°), Pea Protein°, Coconut Milk°, Coconut Crystals°, Heirloom Red Banana°, **Matcha Blend** (Matcha°, Ginger°, Oat Grass°, Spirulina°), Sunflower Seed Protein°, Lucuma°, Pumpkin Seed Protein°, Coconut MCT (MCT Oil°, Acacia Fiber°), Sea Buckthorn°, **Whole Food Vitamins & Minerals†** (Guava°, Lemon°, Sesbania°, Amla°, Holy Basil°, Annatto°), Himalayan Pink Salt, Stevia Leaf°, White Mushroom°

Chai

Ingredients: Gluten Free Ancient Grains (Oat Flour°, Oat Bran°, Amaranth°, Quinoa°, Buckwheat°, Millet°, Chia°), Pea Protein°, Coconut Crystals°, Coconut Milk°, Heirloom Red Banana°, **Chai Blend** (Cinnamon°, Lucuma°, Ginger°, Clove°, Nutmeg°, Black Pepper Extract°), Sunflower Seed Protein°, Pumpkin Seed Protein°, Coconut MCT (MCT Oil°, Acacia Fiber°), Sea Buckthorn°, **Whole Food Vitamins & Minerals†** (Guava°, Lemon°, Sesbania°, Amla°, Holy Basil°, Annatto°), Himalayan Pink Salt, Stevia Leaf°, White Mushroom°

Golden

Ingredients: Gluten Free Ancient Grains (Oat Flour°, Oat Bran°, Amaranth°, Quinoa°, Buckwheat°, Millet°, Chia°), Pea Protein°, Coconut Milk°, Coconut Crystals°, **Golden Blend** (Turmeric Root°, Lucuma°, Ginger°, Cinnamon°, Black Pepper Extract°, Turmeric Juice°), Heirloom Red Banana°, Sunflower Seed Protein°, Pumpkin Seed Protein°, Coconut MCT (MCT Oil°, Acacia Fiber°), Sea Buckthorn°, **Whole Food Vitamins & Minerals†** (Guava°, Lemon°, Sesbania°, Amla°, Holy Basil°, Annatto°), Himalayan Pink Salt, Stevia Leaf°, White Mushroom°

How long do the juices keep?

Our juices now have a shelf life of a few weeks instead of three days. It is the same freshness from fresh pressed fruits and vegetables as before, only now they have gone through the High Pressure Processing (HPP). This is an all-natural food preservation system that provides customers fresh, nutritious, and naturally flavorful foods that are safe to eat. HPP does not alter the nutrients, flavor or texture of our fresh juices.

How can I prepare for a Reboot?

To maximize the benefits of your Reboot and prepare your body for a reset, we recommend making dietary changes three days prior to your reboot. Try to focus on whole foods that are easier for your digestive system to process, such as: fresh fruits and vegetables and plenty of water. This is important because it helps to break your dependence on processed foods that contribute to toxic buildup in your system.

Chronic and sustained inflammation within the body can be harmful, which is why it is important to avoid (or limit) foods causing inflammatory responses. Types of foods that have been proven to cause this type of response are: fried foods, meat, dairy, refined starches (bread, white rice, pasta), sugary foods, beverages and alcohol, which cause toxicity to our system. Instead of using processed oils to cook foods, try steamed meals and soups. The goal is to keep it clean! This will give you the most success with your reboot.

Do I have to drink all seven drinks daily during the Reboot?

We recommend that you attempt to finish all seven of the drinks during the reboot. However, you know your body better than anyone so it is important to listen to yours and know when enough is enough. If you find it is too much to drink, cut down on the amount of extra water you are drinking; the juices and meal equivalents contain plenty of water to sustain you for the day. If that does not help, we also recommend taking out the last juice of the day and consuming it the next morning.

Does it really matter what order I drink the juices?

You may customize it as you feel necessary. However, the “Standard Reboot” is the order in which we suggest you drink your juices and meal equivalents. We have arranged the juices and protein drinks in your Reboot to nourish your body and maximize the benefits for the day.

Can I exercise during my Reboot?

Yes! The carbohydrates and protein present in the meal equivalents is enough to utilize during a workout and prevent muscle loss. The MCT oil will also help give you energy to push you through your workout. It is recommended to drink the meal equivalent either two hours before a workout or directly after a workout.

Can I eat normally after the cleanse is finished?

We recommend that you phase out of your Reboot by introducing solid foods slowly over the 3 days immediately following your liquid diet. Eat small meals filled with wholesome, raw fruits, vegetables, nuts, seeds and whole grains. When cooking foods, be sure to avoid processed oils or anything deep fried. If you are ready to introduce animal proteins, choose lean meats and fish. Also, be sure to drink plenty of water, as your body will continue to flush toxins during this post-cleanse period. We recommend continued daily consumption of 100% fresh juice after your cleanse to help support your health goals.

We are confident you will be happy with your results. Stick with healthy choices, and you will feel the benefits of your Reboot longer.

What if I have questions during my Reboot?

Our trained staff is here to answer any questions you may have before, during or after your Reboot. Email lynn@beyondjuicedetroit.com anytime for support or to talk about our favorite topic: JUICE!

