



DETOX

custom 3 day cleanse



6 x 500ml
bottles per day
for 3 days

If you are no stranger to how a HIC cleanse works, you are now able to customise your own 3 day cleanse according to the recommended sequence and selection of nutritionist designed juices!

#1



Start your cleanse by choosing from balance or energise.

TIP: Take time to savour and chew the smoothies and juices to start the day!

#2



Choose from greens or citrus for your late mornings.

TIP: Try to fit in a green here if possible!

#3



Choose between superfood latte or citrus for your lunch.

TIP: Choose a satiating and nutrient dense superfood latte if your #2 was a citrus!

#4



For your afternoons, choose from greens or balance.

TIP: It's time for that green bottle if you haven't had it at #2!

#5



You need a nutrient dense dinner from superfoods or supergreens.

TIP: You would want to control the total calories for the day to be about 1200.

#6



Choose from hydrate or nutmilks for your nightcap!

TIP: Have your last drink 90 mins before bedtime and rest early during cleanse!

Order your cleanses at hicjuice.com a week in advance to allow for sufficient time to prepare for the cleanse.

raw juices



balance

S\$21.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
4 carats	carrot, cucumber, apple, celery	👉👉👉	👉👉👉	👉👉👉	👉👉👉	160
50 shades of red	pomegranate, watermelon, beetroot, coconut water, chia seed	👉👉👉	👉👉👉	👉👉👉	👉👉👉	162
abc	apple, beetroot, carrot	👉👉👉	👉👉👉	👉👉👉	👉👉👉	216
flaminglow	watermelon, cucumber, apple, beetroot, lemon, ginger	👉👉👉	👉👉👉	👉👉👉	👉👉👉	160
heart beet	carrot, apple, beetroot, lemon, ginger	👉👉👉	👉👉👉	👉👉👉	👉👉👉	206
turmeric bunny	carrot, apple, turmeric, lime	👉👉👉	👉👉👉	👉👉👉	👉👉👉	310

citrus

S\$17.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
aloha!	pineapple, apple, mint, coconut water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	170
black lemonade	activated charcoal, apple, pineapple, lemon, lime, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	160
citrus chia	pineapple, lemon, chia seed, coconut water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	160
citrus circus	grapefruit, pineapple, watermelon, cayenne pepper	👉👉👉	👉👉👉	👉👉👉	👉👉👉	172
lemon n' spice	apple, lemon, cayenne pepper, himalayan salt, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	82
maquila	maqui, apple, lime, coconut water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	146

energise

S\$15.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
berry sunrise smoothie	mango, banana, strawberry goji berry, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	222
chunky munky	banana, cacao, almond, medjool date, cinnamon, himalayan salt, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	353
golden smoothie	mango, apple, turmeric, chia seed, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	292
majikal forest smoothie	peach, banana, mango, strawberry, blue majik, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	380
popeye smoothie	red dragonfruit, pineapple, banana, baby spinach, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	186
sangria smoothie	apple, mango, peach, baby spinach, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	142
tropical green smoothie	pineapple, mango, banana, baby spinach, ionized water	👉👉👉	👉👉👉	👉👉👉	👉👉👉	192

100% RAW + VEGAN + COLD PRESSED
HIC PREMIUM RANGE OF JUICES + SMOOTHIES + NUTMILKS + LATTES

greens

\$21.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
green elixir	spirulina, fennel, grapefruit, pineapple	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	226
green envy	cucumber, watermelon, apple, fennel, kale, parsley	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	166
green genie	apple, pineapple, lime, ginger, spirulina	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	246
kale tales	cucumber, apple, coconut water, kale	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	120

hydrate

\$11.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
cococharcoal	activated charcoal powder, coconut water	💧💧💧	💧💧💧	💧💧💧	💧💧💧	96
pure coconut water	coconut water	💧💧💧	💧💧💧	💧💧💧	💧💧💧	96
pure watermelon	watermelon	💧💧💧	💧💧💧	💧💧💧	💧💧💧	150

nutmilk

\$15.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
charcoal nut milk	activated charcoal, almond, cashew, medjool date, himalayan salt, ionized water	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	352
fuchsia nut milk	beetroot, almond, cashew, medjool date, himalayan salt, ionized water	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	370
houjicha nut milk	houjicha, almond, cashew, medjool date, himalayan salt, ionized water	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	358
matcha nut milk	matcha, almond, cashew, medjool date, himalayan salt, ionized water	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	358
nut milk	almond, cashew, medjool date, vanilla, cinnamon, himalayan salt, ionized water	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	🟡🟡🟡	352

superfood latte

\$17.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
coca camu latte	cocoa powder, camu camu, cacao nibs, cold brew coffee, almond, cashew, ionized water	💧💧💧	💧💧💧	💧💧💧	💧💧💧	366
goji beetroot latte	beetroot, almond, cashew, cold brew coffee, goji berry, medjool date, ionized water	💧💧💧	💧💧💧	💧💧💧	💧💧💧	296
spirulina matcha latte	spirulina, matcha, almond, cashew, medjool date, ionized water	💧💧💧	💧💧💧	💧💧💧	💧💧💧	332
turmeric ginger latte	turmeric, ginger, almond, cashew, medjool date, ionized water	💧💧💧	💧💧💧	💧💧💧	💧💧💧	424

superfoods

\$23.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
enchanted waters	pineapple, grapefruit, apple, lemon, lime, camu camu, chia seed	🔴🔴🔴	🔴🔴🔴	🔴🔴🔴	🔴🔴🔴	230
pomegranate passion	pomegranate, coconut water, maqui, camu camu, chia seed	🔴🔴🔴	🔴🔴🔴	🔴🔴🔴	🔴🔴🔴	156
blue magic	blue majik, grapefruit, apple, coconut water	🔴🔴🔴	🔴🔴🔴	🔴🔴🔴	🔴🔴🔴	230

supergreens

\$25.50

name	ingredients	weightloss kickstarter	digestive aid	immunity builder	nutrient booster	calories
clean greens	cucumber, celery, apple, romaine lettuce, fennel, parsley	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	148
farmer salad	kale, romaine lettuce, cucumber, celery	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	124
goddess green	cucumber, kale, celery, lettuce, lime, parsley	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	124
green lemonade	apple, celery, cucumber, kale, lemon, parsley, romaine lettuce	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	🟢🟢🟢	152

500ml per glass bottle. delivered freshly cold pressed daily. keep chilled. best consumed within 3 days or before the labelled date.