

Cleanse Day Punch

NUTRITIONALS PER SERVING: 76 Calories; 0g Fat; 19g Carbs; 1g Fiber; 15g Sugar; 0g Protein

Prep Time	Total Time
3 mins	3 mins



Servings: 4 servings

Ingredients

- 16 oz Cleanse for Life®
- 2 oz Ionix® Supreme
- 1 Apple Pomegranate e+™ energy shot
- 1 stick Refreshing Grape AMPED™ Hydrate
- cold purified water
- ice

Instructions

1. In a tall pitcher, mix all ingredients, except ice, stirring until combined. Add ice and enough purified water to fill the pitcher to 64 ounces.
2. Divide punch into 4 equal servings to be used for your Cleanse Day.

Notes

Split the batch between 4 mason jars or water bottles for the day to make it easy to follow your cleanse schedule.