



Refresh 3

Hydrating, abundant in electrolytes & high vitamin C content.

Product Information

The Refresh 3 is the perfect drink for those needing to replenish lost electrolytes caused by lack of fluid intake, excessive alcohol intake, exercise & sweating. With it's subtle orange flavour combined with the amazing taste of fresh young coconut water and lemon, this drink will easily quench your thirst and provide you with an instant hydration hit, leaving you with a slightly salty yet refreshing taste thanks to the addition of himalayan rock salt.

Benefits of Refresh 3

This juice is naturally high in electrolytes [mainly sodium, potassium and magnesium]. Their job is to carry nutrients around the body, regulate your fluid balance, aid proper muscle and brain function and help control the pH levels of your blood, essential for everyday homeostasis.

Key Ingredients

Himalayan Rock Salt: It is pure rock salt, mined in the Himalayas that hasn't been refined by toxins and other pollutants like other types of ocean salt. Plus, it packs a whopping 80+ natural minerals that are found in the human body!

Coconut Water: Nothing but fresh young coconuts are added into this mix, which offer an impressive amount of additional B vitamins, calcium, iron, potassium and amino acids to help balance your hydration levels and maintain blood sugar control.

Nutritionist Tip

Whether you've picked up a gastro bug, been partying a little too much, or haven't had enough fluids in your diet lately, pick up a Refresh 3 today to replenish those lost electrolytes and provide your body with the hydration it desires.

It's also the perfect accompaniment to the gym. Take it along with you to quench your thirst quickly!

Ingredients:

Orange, Alkaline Water, Coconut Water, Lemon, Himalayan Salt.

Nutrition Information		
Servings per package:	1.00	
Serving size:	470.0ml	
	Average Quantity per Serving	Average Quantity per 100ml
Energy	418kj	89kj
Protein	2.0g	0.4g
Fat total	0.1g	0.0g
-saturated	0.0g	0.0g
Carbohydrate	20.8g	4.4g
-sugars	20.8g	4.4g
Sodium	120mg	26mg

*Serving sizes subject to variation +/- 15ml

This bottle of Pressed Juices is bursting with nutrients and enzymes in the convenience of a single bottle. It provides all the goodness that fresh fruits, vegetables & spices have to offer.

Our juices are 100% raw and unpasteurised. This means that they may be unsuitable for some people including pregnant women, young children, the elderly and those with weakened immune systems.

*All our stores have a qualified Nutritionist available to chat more about Pressed Juices complete range.