

**FREE SAMPLE  
ORGANIC SMOOTHIE**

- Organic Apple
- Organic Pear
- Organic Banana
- Organic Pineapple
- Organic Papaya
- Protein
- Omega Acid

WE MAKE OUR JUICES FROM FRESH, ORGANIC, AND RAW INGREDIENTS. YOU CAN GRAB A DRINK TO GO OR SIT AT THE BAR WITH A BEAUTIFUL FULL VIEW OF CLAREMONT'S INDIAN HILL BLVD.

No Sugar/Sweetener, No Ice, 100% Pure!  
Prices may vary by custom and special orders.

**ORGANIC VEGETABLE JUICE**

**\$4.75**

- Beet Me Up Goddess of Greens
- Beauty Express Liver Cleanse
- Cleansing Cocktail Super Cleansing Cocktail
- Cold Comfort Wheat Grass

- Leafy Green w/ Cucumber/Celery **\$6.75**
- Leafy Green Only **\$9.75**

**ORGANIC SMOOTHIE**

- Raw Smoothie (Green, Red or Nut) **\$5.75**
- Protein Smoothie **\$5.75**
- Super Food Smoothie **\$9.75**

**HERBAL TEAS (ICED/HOT)**

**\$2.45**

- Ginger Lemon Tea
- Black Tea
- Green Tea
- Herbal Tea

**TONICS**

- Ginseng w/ Jujubi **\$4.49**
- Wheat Grass 1 oz. **\$1.99**
- Wheat Grass 2 oz. **\$3.45**



**ecoterra**

www.ecoterrahealthmarket.com



1 N. Indian Hill Blvd., Suite 101-102  
Claremont, CA 91711

**WHY JUICE / SMOOTHIES?**

Essential nutrients like water-soluble Vitamin C and digestive enzymes, can be destroyed by cooking or processing (including pasteurizing). Some of the compounds in juice include phytochemicals which have been shown to combat cancer. Juicing removes indigestible fiber and easily assimilates nutrients into the body. Smoothies give you more fiber and nutrients than juice.

**WHY RAW JUICES/SMOOTHIES?**

Fresh, un-pasteurized, RAW juice/Smoothies contain live enzymes, vitamins, minerals, proteins, carbohydrates and chlorophyll. Chlorophyll helps to pre-cleanse the body in preparation for a detox or blood purification and also supplies the blood with important nutrients which can help protect against cellular damage from radiation. Some of the benefits of RAW green smoothies include: improved mood, weight loss, improved digestion, higher levels

**WHY ORGANIC JUICE/SMOOTHIES?**

Juice/Smoothies made from organic fruits and vegetables do not contain any chemical residues. When using non-organic produce, it's important to peel or skin your fruits and vegetables to ensure they are free of pesticides and fertilizers! However, important nutrients and sources of energy are often stored inside the peel or the skin of fruits and vegetables. Organic juicing is the only way to guarantee safe, clean access to all the nutrients stored inside of fresh fruits and vegetables.

**WHY HERBAL TEA/TONICS?**

Herbal tea/tonics may contain select dried leaves, pieces of ripe fruit, flowers, grass, nuts, barks, seeds or other botanicals that give them their taste. Health benefits are: a more calm, relaxed state of mind, heart health, aid with stomach and digestive problems, provides cleansing properties for the body, promotes energy and wellness. While most herbal remedies are safe, always check with your health professionals to ensure that herbs/tonics you are consuming complement your prescription medication and are appropriate for your medical situation.