

Benefits to Main Squeeze Juice Co. Juice Menu

Vision - This juice is pure, fresh squeezed, orange, pineapple, carrot & beet juice. It is a fan favorite because of its wide range of health benefits, which include its ability to boost immune system function, reduce signs of aging, protect against cancer, boost cellular repair and metabolism, detoxify the body, improve circulation, improves blood pressure, reduces inflammation, lowers cholesterol levels and of course improves your vision.

Detox - The lemon in this water recipe is great for boosting your immune system and cleaning out harmful toxins. The agave is a healthy alternative to sugar because it has a low glycemic index. The activated charcoal acts like a magnet to toxins and heavy metals and then exits the body.

Awaken - The ginger in this juice is an anti-inflammatory and has long been used as treatment for a spectrum of gastrointestinal disorders and general stomach distress and nausea. The lemon will boost your immune system! The fresh squeezed apple will energize you! The cinnamon will lower blood pressure and reduce the risk of heart disease.

Alive - This stunning blue pigment in Blue Magik contains live, active compounds. The bioactive compounds have been shown to reduce inflammation. The lemon will boost your immune system and the cayenne pepper is an anti-irritant, antifungal, anti-allergen digestive aid that promotes heart health and supports weight loss.

Cashew Mylk - The almonds give relief from constipation, respiratory disorders, coughs, heart disorders, anemia, impotency, and diabetes. It also helps in maintenance of healthy hair, skin care (psoriasis,) and dental care. The cinnamon will lower blood pressure and reduce the risk of heart disease.

Cacao Mylk - The cacao in our mylk is loaded with benefits. The purest form of raw chocolate, cacao is one of the highest natural sources of magnesium and antioxidants. Two tablespoons contains 50% of the daily recommended daily fiber and 4g of protein. Enhance your mood and brain function with the best chocolate in the world.

Coffee Mylk - We use local organic espresso beans with a cold-brew process. It enhances long-term memory and increases attention. It can help you lose weight. It reduces the risk of a stroke and it lowers your risk of diabetes.

Glow - This juice will make your skin glow because of the cucumber! It supplies skin-friendly minerals: magnesium, potassium, silicon. This fruits and vegetables in this juice will keeps you hydrated, flush out toxins and nourishes you with vitamins. It aids in weight loss and cuts cancer risk.

Vitality - This juice will give you immune system support, bone strength and eye health. We chose pineapple in vitality because pineapples can help reduce the risk of macular degeneration, a disease that affects the eyes as people age, due in part to its high amount of vitamin C and the antioxidants it contains. This juice will aid your digestion and has anti-inflammatory benefits.

Power - This juice is packed with greens! Kale is low in calorie and high in fiber. This juice is full of vitamin K and powerful antioxidants. Broccoli is a good source of vitamin B1, magnesium, omega-3 fatty acids, protein, zinc, calcium and iron! The benefits of lime include weight loss, skin care and improved digestion. This juice is truly powerful!

Immunity - Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). The zucchini is packed with protein and helps fight against disease and infection and it aids in weight loss!

Youth - Sweet potatoes contain iron and support a healthy immune system. They are a good source of magnesium, which is the relaxation and anti-stress mineral. The carrots prevent heart disease and boost your immune system while improving your digestion. The pineapple will bring you youth! It can help reduce the risk of macular degeneration, a disease that affects the eyes as people age, due in part to its high amount of vitamin C and the antioxidants it contains.

Seasonal 41 - Sweet potatoes contain iron and support a healthy immune system. They are a good source of magnesium, which is the relaxation and anti-stress mineral. The lemon in this juice recipe is great for boosting your immune system and cleaning out harmful toxins. The cinnamon will lower blood pressure and reduce the risk of heart disease.

Seasonal 42 - Watermelons are mostly water — about 92 percent — this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. The capsaicin in the serrano provides anti-inflammatory properties; provide relief from migraine and headaches.