



ASSORTMENTS AND PRODUCTS



my ^{by} Healthy
World



VEGETABLE AND FRUIT JUICES WITH THE MOST VITAMINS AND NUTRIENTS ON THE MARKET

- No preservatives
- No pasteurization
- Carefully selected fresh raw materials, not based on concentrates
- No allergens, fit for vegans and gluten free

COLD PRESSED + HPP

The fabrication and conservation processes maintain all the nutrients and do not spoil the product, unlike pasteurization. All products conserve their nutritional value and nothing extra is added

We conserve its properties and do not add anything in addition.



Food
certification
IFS



Recipes designed
by nutritionists
and chefs

Vegetable and fruit juices with the most vitamins and nutrients on the market



OUR PRODUCTS

The largest variety of healthy products on the market.

Team up with a recognized and high-loyalty brand that offers its customers healthier alternatives to traditional pasteurized, artificial products.



Vegetable and
fruit juices



Power Waters



Teatox



Shots



Creams



Fresh meals



Packs and plans



Other products



FRUIT AND VEGETABLE JUICES

(400ml and 230 ml)

Carrot, orange and mango juice

A juice to start the day healthy and with energy!

Orange is a powerful antioxidant due to the large amount of Vitamin C it contains. It promotes healing and strengthens the body's immune system.

Carrots are very rich in fiber, folic acid, calcium and magnesium. But above all it stands out for its great contribution in vitamin A and antioxidants.

Pineapple, mango and mint juice

This is our most refreshing juice! It is full of delicious apples containing lots of fiber and antioxidants!

Pineapple is the perfect ally against fluid retention, as it is a great natural diuretic. Mint also has anti-inflammatory properties and fights against oral bacteria.

Mango, spinach, and chia seeds juice

An explosion of flavor and texture.

Spinach juice has many satiating and antioxidant properties, as well as being very rich in fiber, vitamin A, B1, B2, C, K, calcium, phosphorus, iron, folic acid, magnesium, zinc and beta-carotene.

We add mango and chia seeds, which in addition to giving texture to the juice, are the star superfood of vegetables and seeds in terms of Omega 3, and a great source of protein, healthy fats and fiber.

Avocado and Spinach juice

A creamy, satisfying and delicious juice.

Avocado is one of our favorite fruits, because it is one of the best sources of healthy fats that help with diets for weight loss. Its high fiber content and low carbohydrate ratio make it perfect for any of your Drink6 plans. In addition, it is very satiating, so it will take time to feel hungry after drinking it. Combined with spinach and apple, it makes the perfect green juice!

Red fruits, blackberry, blueberry, strawberry and banana juice

(only in 230 ml)

Banana and all the red fruits with their antioxidant powers combined in a single juice.

They have a lot of vitamin C and polyphenols which reduce the risk of heart disease and high blood pressure, as well as being an elixir of beauty.

Red fruits are the antioxidants of excellence and help us reduce cholesterol, take care of our cardiovascular health and fight against aging.

Lemon and cayenne juice

A great juice to help rehydrate throughout the day or after sports and helps to replenish vitamins and minerals.

A great juice to hydrate with during the day or after sports to replenish minerals and vitamins. Lemon, due to its high content of vitamins, is placed at the top of the healing fruits with a great contribution of vitamin C.

Cayenne is a great anti-inflammatory which helps to accelerate the metabolism and has satiating purposes that help to calm hunger and cravings.

Pineapple, strawberry, banana and oatmeal juice

Delicious taste with the extra energy of oatmeal.

Oatmeal, from a nutritional point of view, is "the most complete cereal" that exists since it approaches the "optimal" level of essential amino acids that we need to incorporate from an outer source.

The combination of pineapple and strawberry, in addition to giving this juice a delicious flavor, will help us hydrate well, recover lost minerals and regulate blood pressure.



POWER WATERS

With our range of Power Waters it will be much easier to drink 2 liters of water a day. To make it easier for you to drink water without getting bored, we have created a range of premium waters, 100% natural and 100% healthy. The easiest and healthiest way to keep your body hydrated!

Pitaya water

Packed with vitamin C and calcium.

A delicious combination of water, lemon, strawberry and pitaya. An extra vitality for your day to day. Its great innovation is the presence of the pitaya or dragon fruit, an exotic superfood rich in vitamins C and B, soluble fiber, vegetable protein and minerals.

Blue Spirulina Water

Protects cells and reduces inflammation.

This superfood is a powerful antioxidant, anti-inflammatory, and is rich in nutrients. It contains a large amount and variety of minerals, is one of the richest natural sources of protein and has a high content of vitamins (A, C, D and B12). Among its many benefits, it helps improve digestion, strengthens the immune system, protects cells from aging, and promotes the ideal pH balance.

Activated charcoal water

Smooth lemonade to eliminate toxins.

Activated charcoal, which comes from the coconut shell, is undoubtedly an ideal natural supplement for weight loss diets. It is the largest natural absorbent that exists and is used to eliminate all substances (bacteria, toxins and gases) that are not healthy for the body.

Coconut water

The most hydrating.

This tropical drink (not to be confused with coconut milk) is ideal for athletes, since it is very hydrating (it has a large amount of electrolytes) and as rehydrating as (or more rehydrating than) typical isotonic drinks.





SHOTS

Concentrated Health (60 mL)

Energy Functional Shots

Ginger concentrate

Providing you with the energy you need every morning. Ginger, in addition to giving you energy, has anti-inflammatory properties, stimulates cardiovascular circulation, increases the activation of your digestive system, and also accelerates your metabolism, thus increasing the ability to burn fat.

Antiox functional shots

Pomegranate, Hawthorn berry, beet and guarana

The perfect combination to combat aging and high cholesterol. The pomegranate is full of antioxidants that fight free radicals and is the best ally to cleanse the blood. It also strengthens the immune system and prevents colds

Cold Care functional shots

Made with Ginger and Turmeric

Ginger and turmeric, which when combined, have powerful antioxidant and anti-inflammatory properties that contribute to the better functioning of the immune system.

Green shot

Made with spinach, cucumber and spirulina

Ideal to give you the contributions of vitamins and minerals so that you do not miss anything. Spinach is very rich in iron and magnesium, and helps regulate blood pressure. In addition, it contains cucumber which is a great diuretic, rich in vitamin C, potassium and magnesium. Spirulina is a superfood that has a high protein content, as well as being an excellent revitalizer.

FUNCTIONAL BARS

Bars with 100% natural ingredients, sugar-free, gluten-free, vegan and obtained from ECO sustainable agriculture. At Drink6 we believe in 100% natural food to obtain a completely healthy body and maintain a balanced system.

Our bars are innovative, delicious, natural and the only ones with adaptogens. We offer you 3 varieties of flavors and ingredients that will help you meet different goals. What makes our Functional Bars special is that they are made from REAL ingredients and contain adaptogens such as Maca, Chaga, Reishi or Ashwagandha. These adaptogens have several things in common, such as reducing stress levels and regulating stress in a natural way, in addition to having other benefits for your health and performance.

Beauty Bites

BEAUTY. Improves the quality of your skin, provides nutrients to your body and regulates stress.

The strawberry, maca, and Chaga bar is an immunomodulator and natural antioxidant. Maca also contributes as a superfood with high levels of protein, fiber, calcium and magnesium.

Power Bites

ENERGY. Apple, Cinnamon, and Reishi help your circulatory system combat fatigue. They are perfect for workouts or giving that extra boost to your day.

Zen Bites

RELAX. Help your mind relax thanks to Ashwagandha, a herb that helps with a treatment for stress and anxiety that is combined with the rich flavor of Cocoa. A bar that will make you feel better and strengthen your immune system.



SOUPS AND CREAMS (300 grams)

A new range of 6 Drink6 soups and creams with superfoods and already tested by thousands of customers.

We bring the juice trend to the world of vegetable creams we maintain our values that characterize Drink6:

- Original flavor combinations
- Designed by nutritionists and chefs
- 100% natural without preservatives
- Gluten free
- Delicious taste



Pea and Mint Cream

Delicious and satisfying!

Peas have very beneficial properties for blood circulation and lower bad cholesterol, which helps prevent heart disease; they are rich in vitamin C, minerals and soluble fibers and also help control blood sugar levels.

Quinoa, kale and shiitake soup

The perfect combination of nutrients and superfoods in a delicious soup. Quinoa, a protein-packed cereal.

Iron packed kale has anti-cancer and detoxifying properties, which cleanses the liver and blood. Shiitake has a great ability to stimulate the immune system and also provides a compound that absorbs fat, which is also useful for people who want to lose those extra pounds.

Carrot Cream

A delicious cream made with one of the most nutritious and beneficial foods in the diet and are rich in fiber, folic acid, vitamins, and minerals; they are also very beneficial for the health of your skin, eyesight and digestive system.

Mushroom Cream

A delicious cream with the best seasonal mushrooms.

By combining shiitake and mushrooms we get a very nutritious cream, low in calories but very satisfying. Mushrooms are high in plant protein as well as providing important minerals such as phosphorus, iron and potassium.

Asparagus Cream

Asparagus has a low caloric value, and is perfect for filling you with nutrients while eliminating toxins and fighting fluid retention.

It is a natural remedy to cleanse the blood thanks to its diuretic properties and high fiber content. Your best ally for this season.

Orange and pumpkin cream

This cream is going to become your favorite of the season!

This delicious combination of pumpkin, carrot and orange is full of beta carotenes that are the main source of vitamin A and essential for the proper functioning of the immune system. Pumpkin is a sweet vegetable that is highly antioxidant, highly cleansing, rich in vitamins, minerals, fiber, and low in calories.

FRESH MEALS

Finalize your meals with natural, healthy, and delicious dinners and recipes!



Basmati rice with vegetables

Basmati rice is grown in the Himalayas and has the highest nutrient content of all rices. We add a delicious combination of vegetables sautéed in extra virgin olive oil that includes: Zucchini, green pepper, red pepper, carrot, onion and and wheat asparagus.

Vegetable stew

Combination of vegetables, including carrots, green beans, peas, cauliflower, artichoke, mushrooms and white asparagus, cooked and sautéed in extra virgin olive oil. Satisfying and delicious.

Whole wheat pasta with pesto and vegetables

You can finally have pasta without regrets. Our whole wheat pasta provides you with energy and fiber. We combine it with a delicious pesto sauce and sautéed vegetables: zucchini, onion, red and green pepper and mushrooms.

Lentils with vegetables and quinoa

Legumes are a key food in our diet as a source of protein, iron, folic acid, and complex C vitamins. In addition, quinoa is a superfood with a high protein content.

Sautéed cauliflower with paprika

Cauliflower contains vitamins B, C and D, iron, magnesium, phosphorus, and potassium. Its abundant fiber will help you to remove fats from the intestine and fight constipation. Seasoned with paprika, it is a delicious dish for your lunch or dinner.

Sautéed broad beans with green beans

Legumes help with weight loss as they contain a lot of fiber, protein and are very satiating. Sautéed in Extra Virgin Olive Oil with a touch of onion they are the ideal food so that you do not lack energy.

OTHER PRODUCTS

KOMBUCHA

Fermented tea drink.

Its main properties are:

- Helps the liver eliminate toxins
- Improves intestinal flora
- Promotes balance in the digestive system
- Provides vitamins, enzymes and acids that improve your health
- It is also 100% natural, 100% ecological and 100% healthy

Berries

Sweet and aromatic. Our favorite!
Made with a mixture of fruits with a light cinnamon flavor

Lemon and Green tea

Refreshing and restorative. It is a mixture of green tea, lemon grass and Lapacho ideal to quench thirst and refresh. Lapacho comes from the bark of a tree from the Brazilian rainforest and is highly appreciated in traditional medicine.

Ginger

Spicy and aromatic, healthy and refreshing. Ginger is used in traditional Chinese and Ayurveda medicine. It is effective for combatting many diseases and is very refreshing.





TEATOX

A plant-based supplementation plan with medicinal teas and infusions. Help you sleep better and strengthen your immune system

A 14 or 28 day plan based on medicinal plants, infusions and teas with a high purifying effect to eliminate toxins, burn fat, sleep better and improve your immune system. Improved formulas and new flavors!

DAY TEA - *Activate & Burn*

This tea is made from Oolong Tea and Nettle that, along with your diet and exercise will help you lose weight, reduce bloating, and speed up metabolism.

Drink it in the morning so that it takes effect during the day. Perfect to combine with our energy shot. 14 sachets for 14 days.

NIGHT TEA - *Rest & Sleep*

Based on the delicious Rooibos, a great caffeine-free alternative to tea, with great antioxidant power and very rich in minerals.

It is also accompanied by fennel and lemon balm that promote a restful sleep. Relax and let this wonderful infusion take effect while you sleep. Take it an hour before going to bed. 14 sachets for 14 days.

IMMUNITY TEA

Our nutritionists have designed a perfectly balanced infusion to strengthen your immune system. Echinacea boosts the immune system, fights infections, and relieves sore throats. Licorice, cinnamon and turmeric are natural antivirals while ginger and fennel have a great supply of vitamin C and therefore help with our defenses.

COLLAGEN GEL

A shot of youth for your joints and your skin.

Collagen is found in tendons, cartilage, bones, skin, and its job is to provide these parts of the body with energy and elasticity.

With age, our ability to produce collagens drops drastically, resulting in sore joints, wear on skin with more wrinkles, less elasticity, etc. That is why it is essential to take collagen supplements.

- They are composed of hydrolyzed collagen (it is already broken down into its amino acids)
- They contain vitamin C and Manganese that favor the absorption and formation of proteins

COLLAGEN RELAX

Ideal for your body to absorb collagen while you enjoy a good rest. Complete with Tryptophan, Melatonin, and Melissa herb, you will get a deep sleep that will result in noticeably more elastic skin with fewer wrinkles. Other additional benefits of Collagen is stronger and healthier hair and nails. Take it 1hour before going to sleep.

COLLAGEN SPORT

Our base formula of 10g of hydrolyzed collagen, vitamin C (300mg) and manganese, we add chondroitin and glucosamine, which are excellent to strengthen and protect the joints. Hyaluronic acid is also present, acting as a lubricant and also visibly improves the appearance of the skin.



HEALTHY GUMMIES

No sugar, no additives, vegan, 100% natural and with many benefits.

We bring you two types of gummies to help you burn fat and improve your sleep. Only 10 kcal per gummy.

Sleep Gummies

A restful and longer sleep thanks to our Sleep Gummies.

At night is when the repair process for our organism takes place, cortisol levels drop and weight loss results are consolidated. That is why it is essential to have a rest that includes deep sleep and REM phase.

Fat Burn Gummies

Perfect to reduce food anxiety and increase fat burning during the day.

Its main ingredient is L-Carnitine, an amino acid that helps the body burn fat as its main source of energy, while reducing muscle fatigue and post-exercise recovery time.



PLANS AND PACKS

PLANS

FROM 1 TO 7 DAYS

FULL DAY PLAN

breakfast, lunch, and dinner

This plan is designed to cover all moments of the day, from breakfast to dinner, providing you with the best nutrients, vitamins and minerals. Our nutritionists have developed a plan that will help you easily maintain your healthy lifestyle.

- 1 juice 230ml
- 2 creams
- 2 fresh meals
- 2 Power Waters
- 350 grams of Granola
- 1 Energy Shot



FOODIE DETOX PLAN

Juices and fresh meals

Your Foodie Detox Plan is the most complete to start you in the world of healthy living. If you are looking to start a healthy life or you need to lose a little weight, but don't want to make a great sacrifice, this is the plan for you.

- 4 juices 400ml
- 2 fresh meals



PROTEIN DETOX PLAN

Extra load of vegetable protein for breakfast, lunch and dinner

This plan is developed for both expert athletes, as for those who are starting in the world of fitness, using plant protein and adaptogens.

Increase your muscle mass and lose weight at the same time with minimal effort.

- 4 juices 400ml
- 2 protein shakes
- 1 pancake mix



JUICE DETOX PLAN

Our original plan with 6 juices

Our flagship product! Feel better than ever with 6 fresh, delicious, and natural juices with everything your body needs to eliminate what you don't need.

This plan replaces a full day's meal for the number of days you select.

6 JUICES 400ML

- Orange, carrot and mango
- Pineapple, apple and mint
- Mango, spinach and chia seeds
- Avocado and spinach
- Lemon and cayenne
- Pineapple, strawberry and oatmeal



JUICES AND CREAMS PLAN

4 juices + 2 vegetable creams

Your detox plan that replaces your lunch and dinner juices with delicious vegetable creams that you can heat up or eat cold. Ideal for when it is a little colder.

- 4 juices 400ml
- 2 vegetable creams



SOUPING

4 juices + 2 vegetable creams

Creams are the best way to prepare fresh vegetables to help our organs with the purification of toxins. They are ideal for the cold months because they can be served warm and they are very filling. They have a high content of vegetables and less fruit so they are lower in sugar and higher in fiber.

- 2 juices 400ml
- 4 vegetable creams



INTERMITTENT FASTING PLAN

In this plan we provide you with the products for fasting hours (waters and infusions that do not break the fast) and bring you some satisfying and balanced meals for the hours during which you eat. For intermittent fasting, not only are the hours of fasting important but also what we eat during the day.

The benefits of intermittent fasting are numerous and very similar to those that we propose with cleansing plans. It is a different way to give the digestive system a break, reset, and detox, to better perform its cleansing functions of the body. Specifically:

- Increase metabolism
- Stabilize blood glucose
- Improve the anti-inflammatory capacity of our body
- Reduce stress

- Day tea (2 sachets)
- Immunity tea (2 sachets)
- 1 energy shot
- 1 juice (230ml)
- 2 functional bars
- 2 fresh meals
- 2 vegetable creams



PACKS

QUICK FIX PACK

1 day to fight fluid retention and swelling. A quick and effective solution for bloating.

6 juices, 2 pitaya waters and 2 Antioxidant shots to cleanse your body and raise your defenses. With this simple pack you will get a flatter stomach and help your body regain healthy routines.

- 6 juices 400ml
- 2 pitaya waters
- 2 antiox shots



SLIM PACK

The perfect purifying plan if you are new to the detox world.

This plan is very simple and easy to fulfill thanks to the combination of juices, creams and fresh meals. a 3-day pack designed by our nutritionists so that your body shows quick benefits with minimal effort. Deloat, lose weight and fill your body with healthy foods that will make you feel better.

- 14 juices 400ml
- 2 vegetable creams
- 2 fresh meals



ULTRA SLIM PACK

Take care of yourself for 21 days with our most complete pack. Start your healthy diet.

The most complete pack that will help you to alleviate all the excess, will start you on a healthy path and will allow you to lose weight in a comfortable, easy and delicious way. Our bars are the most innovative, delicious, natural and the only ones with adaptogens. ZEN BITES help in the treatment of stress and anxiety, combined with the rich flavor of cocoa.

- 30 juices 400ml
- 2 fresh meals
- 2 creams and soups
- 1 day tea (14 days)
- 1 night tea (14 days)



IMMUNITY PACK

Take care of your body and let nothing stop you

With this pack you can start the day with the COLD CARE SHOT to protect your body and give you energy first thing in the morning.

You can then continue to strengthen your body throughout the day

- Immunity tea
- 12 shot cold care



ENERGY PACK

Start the day full of energy

Start the morning with a boost of energy thanks to our ENERGY SHOT and jump-start your metabolism and fat burning with DAY TEA. A perfect combination for all those of us who live fast paced lives and have little time.

- Day tea
- 12 shot energy



SLEEP PACK

Start the day full of energy! Rest is the best medicine!

With this pack you can end the day with COLLAGEN RELAX, a simple format of taking collagen to help reconcile sleep and help your body and skin regenerate in the evening. Combine it with the NIGHT TEA, which helps to relax your body, has great antioxidant power and is very rich in minerals.

- Night tea
- Collagen Relax



BIKINI BODY - 14 DAYS

The best plan to get your body in its best shape ever.

Start with a 3 day plan to define your silhouette, lose fat, and lose fluid.

Continue with days of light dinners, fat-burning, and draining infusions. Ready, Set, Go!

- 11 Creams and fresh meals
- 1 juices detox plan
- 1 juices and creams detox plan
- 1 Foodie detox plan
- 1 Day tea (14 days)
- 1 Night tea (14 days)



FLAT BELLY - 6 DAYS

Reduce swelling, eliminate fluids and get a flat stomach naturally.

This pack is designed so that in a few days you will see your stomach super flat. Two days of juice plans together with our most effective products to eliminate a swollen belly. Ginger shots to reduce swelling, charcoal water to avoid liquid retention and light dinners to avoid heaviness. Bye Bye belly.

- 2 purifying juice plans 400ml
- 4 Creams and soups
- 6 Waters with activated carbon
- 6 Energy shot





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If you have any questions or want to
share your Drink6 experience, you
can do so here: info@drink6.com

www.drink6.com