



PUREARTH

Cleanse Delivery Schedule

Please see below for the current delivery schedules for our Cleanse programmes.

To see details of your deliveries, firstly select the table corresponding to the length of your cleanse and then the day of the week on which you are starting your programme.

1 Day Cleanse

Start Day	1st Delivery	Number of days received in each delivery
Monday	Saturday	1
Tuesday	Monday	1
Wednesday	Tuesday	1
Thursday	Wednesday	1
Friday	Thursday	1
Saturday	Friday	1
Sunday	Saturday	1

2 Day Cleanse

Start Day	1st Delivery	2nd Delivery	Number of days received in each delivery
Monday	Saturday	Monday	1+1
Tuesday	Monday		2
Wednesday	Tuesday		2
Thursday	Wednesday		2
Friday	Thursday		2
Saturday	Friday		2
Sunday	Saturday		2

3 Day Cleanse

Start Day	1st Delivery	2nd Delivery	Number of days received in each delivery
Monday	Saturday	Monday	1+2
Tuesday	Monday	Wednesday	2+1
Wednesday	Tuesday	Thursday	2+1
Thursday	Wednesday	Friday	2+1
Friday	Thursday	Saturday	2+1
Saturday	Friday	Saturday	2+1
Sunday	Saturday	Monday	2+1

4 Day Cleanse

Start Day	1st Delivery	2nd Delivery	3rd Delivery	Number of days received in each delivery
Monday	Saturday	Monday	Wednesday	1+2+1
Tuesday	Monday	Wednesday		2+2
Wednesday	Tuesday	Thursday		2+2
Thursday	Wednesday	Friday		2+2
Friday	Thursday	Saturday		2+2
Saturday	Friday	Saturday		2+2
Sunday	Saturday	Monday		2+2



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5 Day Cleanse

Start Day	1st Delivery	2nd Delivery	3rd Delivery	Number of days received in each delivery
Monday	Saturday	Monday	Wednesday	1+2+2
Tuesday	Monday	Wednesday	Friday	2+2+1
Wednesday	Tuesday	Thursday	Saturday	2+2+1
Thursday	Wednesday	Friday	Saturday	2+2+1
Friday	Thursday	Saturday	Monday	2+2+1
Saturday	Friday	Saturday	Monday	2+1+2
Sunday	Saturday	Monday	Wednesday	2+2+1

6 Day Cleanse

Start Day	1st Delivery	2nd Delivery	3rd Delivery	4th Delivery	Number of days received in each delivery
Monday	Saturday	Monday	Wednesday	Friday	1+2+2+1
Tuesday	Monday	Wednesday	Friday		2+2+2
Wednesday	Tuesday	Thursday	Saturday		2+2+2
Thursday	Wednesday	Friday	Saturday	Monday	2+2+1+1
Friday	Thursday	Saturday	Monday		2+2+2
Saturday	Friday	Saturday	Monday	Wednesday	2+1+2+1
Sunday	Saturday	Monday	Wednesday		2+2+2

7 Day Cleanse

Start Day	1st Delivery	2nd Delivery	3rd Delivery	4th Delivery	Number of days received in each delivery
Monday	Saturday	Monday	Wednesday	Friday	1+2+2+2
Tuesday	Monday	Wednesday	Friday	Saturday	2+2+2+1
Wednesday	Tuesday	Thursday	Saturday	Monday	2+2+2+1
Thursday	Wednesday	Friday	Saturday	Monday	2+2+1+2
Friday	Thursday	Saturday	Monday	Wednesday	2+2+2+1
Saturday	Friday	Saturday	Monday	Wednesday	2+1+2+2
Sunday	Saturday	Monday	Wednesday	Friday	2+2+2+1