

The 22refuel Juice Guide

Everything you need to store, sip and get the most from every bottle.

Free with every order - keep this on your phone.

The lineup

Four blends. Real fruit, pressed hard and bottled fast. Nothing else.



Apple · Kiwi · Spinach, with coconut water

Light, crisp and hydrating. Great first thing in the morning or as an all-day refresher.

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Orange · Kiwi · Pineapple, with coconut water

Bright, tangy and full of natural carbs. Ideal 30-60 minutes before a workout.

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Banana · Dates · Strawberry, with organic oat milk

Smooth and satisfying. Your post-gym recovery bottle or a filling breakfast on the go.

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Watermelon · Sea Moss. Nothing else.

The lightest way to rehydrate after a session. Sea moss guidance overleaf.

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Keep it fresh

FROZEN - keep your bottles frozen for up to 1 month.

DEFROST - thaw in the fridge, then keep refrigerated.

DRINK - within 24-48 hours of defrosting. Never refreeze.

Your week, refuelled

A simple routine most customers start with - adjust it to your training days.

MON	The Citrus	Pre-gym energy before an evening session.
TUE	The Green	Morning reset with breakfast.
WED	The Creamy	Post-workout recovery after training.
THU	The Green	All-day hydration and greens.
FRI	The Citrus	Pre-gym fuel for a Friday session.
SAT	Watermelon & Sea Moss	Light rehydration after a long walk or run.
SUN	The Creamy	Slow Sunday breakfast bottle.

Sea moss - please read

Sea moss is a sea vegetable, naturally high in iodine. If you have a seaweed sensitivity, iodine or thyroid condition, avoid or talk to your GP before purchasing. Please research sea moss thoroughly.

Allergens, simply The Green and The Citrus contain coconut (coconut water). No milk, no gluten, no nuts.

- The Creamy contains oats (gluten) - dairy-free. We can swap the base, just message us first.
- Made in a shared production space under strict hygiene protocols; minor cross-flavour traces are possible.

Ready to refuel?

Order on WhatsApp: 07359 837 732 · Instagram: @22refuel · Next-day London delivery. Free delivery on orders over 30 pounds.