

Early-Morning Alkalizing Drink



Author: Brenna, Certified H.H.P. from Optimized Health Team

Servings: 1 quart

Prep Time: 3 minutes

Ingredients

- 1/2 large Organic lemon, juiced
- 1 Tablespoon Raw Unpasteurized Apple Cider Vinegar
- 10 drops Humic Fulvic Minerals
- 1 quart Spring/Reverse Osmosis Water

Instructions

1. Squeeze the juice from half a lemon into your quart jar. Add the Apple Cider Vinegar and 10 drops of Humic Fulvic Minerals.
2. Fill up the quart jar with spring/filtered water.
3. Drink up! Feel amazing!