

ENERGY DRINK

Updated by Larry L Reutzel 1/3/2024

IMPROVES ENERGY LEVEL

This drink increases the body's energy level

BECAUSE this helps increase electrolyte levels & acetic acid levels
which are energy building blocks

1 to 2 cups	Water	in a CUP or GLASS
2 TABLESPOONS	raw organic unfiltered non-GMO Apple Cider Vinegar	Fairchilds is best
	all vinegars contain <u>acetic acid</u>	

Below items are very healthy & changes the drink to a lemonade taste

1 lemon	Fresh Lemon Juice	Fresh is best
1 teaspoon	Dr. Berg <u>Electrolyte</u> Powder	very Healthy & Tasty

**STIR then enjoy a
RELAXING TASTY ENERGY DRINK**