

## **Morning Tonic**

1.5 tsp Apple Cider Vinegar (raw)  
¼ tsp. Real Salt  
¼ tsp. Turmeric  
¼ tsp. Cayenne  
40 drops Concentrace trace mineral drops

Mix the above into a large glass. Add 500 to 1000 milliliters of room temperature water. Mix and enjoy.