



# Electrolyte and Digestion Drinks

## Ingredients

- Electrolyte
  - 32oz water
  - Juice of 1 lemon
  - 2-4 grinds of himalayan salt
  - 1 scoop magnesium supplement (optional)
  - Ice
- Digestion
  - 32oz water
  - 1 scoop of collagen protein powder (lemon/ginger flavor is best!)
  - 1-2T unfiltered apple cider vinegar
  - Ice

## Preparation

1. For each drink, combine and mix thoroughly with as much ice as preferred.

## Tips

Lemons are a tremendous source of Vitamin C and potassium to support immunity and a natural detox for our liver and digestion.\*

Himalayan salts include trace minerals (Mg, Na, K, Fe) which help keep our electrolytes in balance. Good for mental clarity, exercise, and detoxification when balanced with potassium.

Magnesium is a valuable mineral that fights inflammation and bone loss, improves sleep, muscle and nerve function, as well as lowering blood sugar and reducing insulin sensitivity.\*

Collagen is a protein that is present in skin, hair, nails and every cell. It is responsible for much of the wholeness in the GI systems as well as muscle strength and endurance.\*

Apple cider vinegar is full of short-chain fatty acids that boost digestion and act as a probiotic, healing the gut, decreasing blood sugars and boosting metabolism.\*

\*Sourced from Dr. Jockers, Dr. Ben Bikman HLTH Code, Dr. Mercola, WebMD and Harvard Medical School. This information is not designed to treat or diagnose disease. As with any dietary change, clarify use with your healthcare provider.