



Jungle Juice Recipe

Recipe

- 60ml Schlehen Blackthorn Berry Elixir
- 1 Sachet of Blackcurrant Rehidrat powder
- 1 Litre Apple Juice
- 2 Litres Water

*Optional - add 10 drops of Rescue Remedy if required (to ease stress and anxiety)

Directions

- Mix solutions together and store in 1 or 2 litre containers in the fridge
- This solution can be taken throughout the day & recommended to be consumed within 24 hours.
- No more than 60ml of Schlehen Elixir should be consumed daily (if taken alone, put 1 tablespoon in a glass of water three times daily).

Benefits of This Tonic

- It is a refreshing, tasty energy and vitality tonic (blended with Blackthorn Berries, fresh lemon and sugar)
- Enhances mood
- Easy to prepare
- Ensures good hydration of the body
- Enhances the production of breastmilk as it increases the amount of prolactin hormone, which stimulates the breasts to produce more milk
- Restores the body's natural balance after periods of exhaustion, stress or illness
- Reduces fatigue
- Good for children and the whole family
- Can also be taken on its own, added to water, tea, milk, fruit salad or natural yogurt
- Does contain sugar so it is not suitable for diabetics
- Good source of Vitamin C
- Egg, Gluten, Yeast, Salt and Caffeine free
- No artificial flavours, colours or preservatives

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