

Ingredients

5 minutes 

1

serving 

10

- ☐ 6 cups water (~ 1.5 l)
- ☐ ½ tsp potassium chloride or lite salt
- ☐ 2 tsp Natural Calm magnesium supplement
- ☐ Optional: 2 squeezes of Water Enhancer (Fruit Flavored, Naturally sweetened with Stevia)
- ☐ The juice of one medium lemon (55ml)
- ☐ ¼ tsp pink Himalayan Salt
- ☐ Sweetener to taste

Instructions



Prep
5 minutes

Ready in
5 minutes

- 1 Mix well all the ingredients and drink it during the day.

