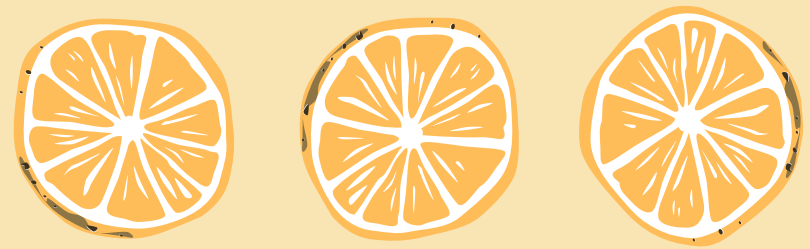


The science of THE ADRENAL COCKTAIL



VITAMIN C

*from a whole
food source*

SODIUM

*from sea salt,
a key electrolyte*

POTASSIUM

*key mineral for
thyroid support*

HORMONE BALANCE

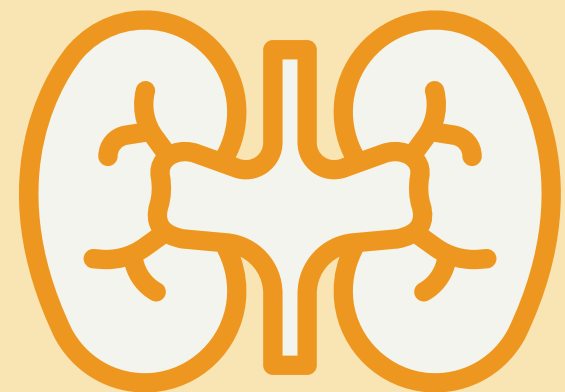
*starts with nourishing the body
with vitamins & minerals*

REGULATION

*cortisol, aldosterone &
adrenaline are regulated by
the adrenal glands*

ADRENAL
SUPPORT

*the adrenal glands are
the backup generator not
the main power source*



Nourish Functional Health

How to make and Adrenal Cocktail

RECIPE 1

1/2 c organic orange juice
1/4 tsp sea salt
1/4 tsp cream of tarter

OUR FAVORITE

1/2 c organic orange juice
1/2 coconut water
1 ampoule quinton
1 sprinkle sea salt

RECIPE 2

1 c coconut water
juice of whole lime/lemon
1/4 tsp sea salt

RECIPE 3

1 c organic orange juice
2 tbsp heavy/coconut cream
2 tbsp collagen
1 sprinkle sea salt



*On the
go option*



OPTIONAL ADD ONS

1 scoop collagen
coconut cream
goats milk

PINEAPPLE LIME ADRENAL COCKTAIL

RECIPE



INGREDIENTS

8 servings



8 limes, juiced

32 oz coconut water

2 tsp sea salt

plain mineral water

shake vigorously
& serve



Learn More

Take our mineral quiz, click [here](#)

Read our most recent blog on how minerals can support your body, click [here](#)

Check your mineral levels by running your own HTMA, click [here](#)

Shop Ingredients



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