

FIRE CIDER

HOT - SWEET - PUNGENT

Fire Cider is a Raw Apple Cider Vinegar based tonic, infused with honey, citrus and warming herbs. Fire Cider has a long history and is used to boost the immune system, treat and prevent colds & aid digestion.

Apple Cider Vinegar & Raw Honey

Citrus Fruits: Lemon, Orange

Warming Herbs: Garlic, Onion, Ginger, Turmeric, Rosemary, Oregano, Horseradish

Habanero pepper

Take: 2 - 3 Tablespoons (30-45 mL) throughout the day or 1.5 ounces (45 mL) in one shot: May dilute with water.



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TONIC

Date: _____

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