

Detox Cocktail



Ingredients:

8-16 oz Water
1 Heaping tsp Vitamin C Powder
300-600 mg R-Lipoic Acid
400-800 mg Glutathione Powder

Directions:

Add the glutathione and vitamin C to the water. Open 3 -6 of the lipoic capsules and empty the powder into the water. (Discard the empty capsule casing.) Stir well. Drink.

The detox cocktail can be taken once or twice per day, depending upon your detoxification needs.

If upset stomach or loose stool occurs, you can cut back to half or even a quarter of the Vitamin C. Slowly build up to your recommended dosage or remain at the lower dosage as tolerated.

Formula taken from [Detoxify or Die](#), Dr. Sherry Rogers
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