

# BEST NATURAL ANTIBIOTIC



## Blend:

- 1 organic garlic clove crushed
- 2 tbsps organic Manuka Honey
- 2 tbsps grated organic ginger
- 1/2 tsp organic cayenne pepper
- 1/2 tsp organic cinnamon
- 1/2 cup organic lemon juice

*Drink to boost your immune system, ward off cold and flu.  
Take 3 to 4 times until symptoms are gone.  
Keep in a BPA-free container and refrigerate .*