

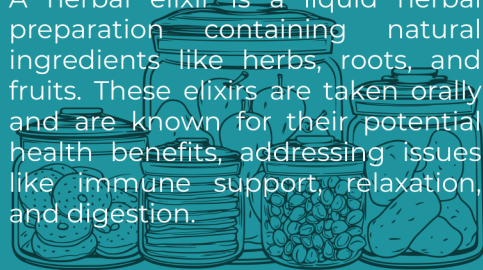


“An elixir is a sweet liquid used for medical purposes, to be taken orally and intended to cure one's illness”



SIMPLE HERBAL ELIXIR

A herbal elixir is a liquid herbal preparation containing natural ingredients like herbs, roots, and fruits. These elixirs are taken orally and are known for their potential health benefits, addressing issues like immune support, relaxation, and digestion.



ELDERBERRY SHRUB

Shrubs, preserved fruit & vinegar beverages, have been brewed and enjoyed for centuries, with their origins dating back to ancient times and popular in early American history. stimulate the appetite, improve digestion, and lower blood-sugar levels

1 Part of each of the ingredient

- Elderberries
- Sweetener
- Apple Cider Vinegar



NORTHWOODS MATÉ

A holly shrub native to South America's Southern Cone, yerba mate is grown in Argentina, Paraguay, Brazil, and part of Uruguay. This revered herb is renowned for its numerous health advantages and exceptional capacity to naturally improve alertness, attention, and concentration.

- Simmering water
- Whole milk
- Loose-leaf yerba mate
- Maple to taste

HAYDAY RECOVERY PUNCH

Old-fashioned energy drink is perfect on a hot summer day. Its plentiful minerals help replenish lost electrolytes. A good dose of B vitamins can help boost your energy. Try mixing it with a little sparkling water for a pleasant afternoon drink reminiscent of ginger ale.

- Kombucha
- Ground Ginger
- Lemon Zest
- Honey

SUPPLIES



Water

The Cleanest, Freshest Water Source you have access to. IE: Spring water, Filtered Rain Water, Mineral Water



SWEETENER

This may include Honey, Maple syrup, Cane or Beet Sugar, and Coconut Sugar



Kombucha/ACV

It's best to using active Kombucha/ACV from a know source.



HERBS

Fresh and/or Dried Herbs