

# ZESTY Ginger

BETTER HEALTH FOR BUSY WOMEN

## ELIXIR ADD-IN BREAKDOWN

### WHAT TO INCLUDE AND HOW EACH WORKS!

*(\*Click for each add-in for our favorite brands)*

#### **LEMON WATER:**

Increase lymphatic flow and supports digestion

#### **LIQUID CHLOROPHYLL:**

Improves liver function

#### **MILK THISTLE:**

Supports detoxification enzymes and protects liver cells

#### **VALERIAN ROOT:**

Supports quality sleep and healthy cortisol levels

#### **MARSHMALLOW ROOT AND COLLAGEN POWDER:**

Protects gut health and lowers intestinal inflammation

#### **BURDOCK ROOT:**

Helps with effective liver detoxification pathways

#### **ALOE VERA JUICE:**

Gut protective and promotes forward gut motility

#### **APPLE CIDER VINEGAR:**

Improved digestive function and supports liver/lymphatic health

#### **CAYENNE PEPPER AND CINNAMON:**

Stimulates healthy blood flow and liver metabolism

#### **POMEGRANATE JUICE:**

Supports healthy glutathione livers (for liver detoxification)

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