



# Apple Cider Vinegar Herbal Tonic

*A refreshing, low-calorie tonic that may help you feel fuller before eating.*

## INGREDIENTS:



1 tablespoon  
apple cider  
vinegar



1 cup water



¼ teaspoon  
cinnamon



1 teaspoon  
lemon juice

## INSTRUCTIONS:



**1** Mix all  
ingredients  
thoroughly.



**2** Drink before  
meals.



May help some people  
feel fuller before  
eating.

Simple,  
low-calorie beverage.

## Herbal Tip:

Apple cider vinegar and cinnamon are traditionally used in wellness routines to support digestion and healthy metabolism.



*Look for more herbal recipes and remedies on my website!*

