



Everything Herbal
— by Cheryl Jabz —



Vitamin C Citrus Water

Hydrating & rich in vitamin C
to support immune function.

INGREDIENTS

- ✦ Juice of 1 orange or lemon
- ✦ 1–2 cups warm water
- ✦ Optional: 1 tsp honey

INSTRUCTIONS

Mix ingredients and drink 2–3
times daily for hydration and
immune support.

✦ *Tip:* Enjoy warm for
soothing comfort, or cool
for a refreshing vitamin boost.



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