

Everything Herbal
by Cheryl Jabz

BERBERINE

Detox Drink



Supports natural detox pathways. Helps reduce bloating. May support blood sugar balance. Best for digestion, liver support, and bloating relief.

🕒 Prep time: 5 minutes

☕ Servings: 1

INGREDIENTS

- 1 cup warm water
- 1/4 tsp berberine powder (or capsule contents)
- Juice of 1/2 lemon
- 1 tsp raw honey
- Pinch of cayenne pepper (optional)

INSTRUCTIONS

Warm water (not boiling). Stir in berberine until dissolved. Add lemon juice, honey, and cayenne. Drink first thing in the morning.



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