

Advance Health & Wellness Solutions, Inc.

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Dr. Bert's Electrolyte Beverage

Ingredients for Mixture:

- 1. 32 ounces of water**
- 2. 1/3 medium lemon**
- 3. 1/2 teaspoon of Celtic or Himalayan sea salt**
- 4. 1 teaspoon of Pure Organic Maple Syrup**
- 5. Spectramin—15 drops**
- 6. Rehydration—15 drops**
- 7. Oxy-Pure—60 drops**

Mix all the ingredients in the order given above.

Drink 6-8 ounces at a time.

Take as much as you want or think you need.

Can be taken once a day at any time.

Can be taken before or after episodes of profuse sweating (vigorous exercise).

Should be taken any time you lose precious body fluids, such as when or especially every time you have any vomiting or diarrhea.

Can be served immediately or chilled in the refrigerator.

Can be made and chilled and held in the refrigerator long term—about 3 months.