

# INSTANT CALMAG-C™

# RECIPE eBOOK

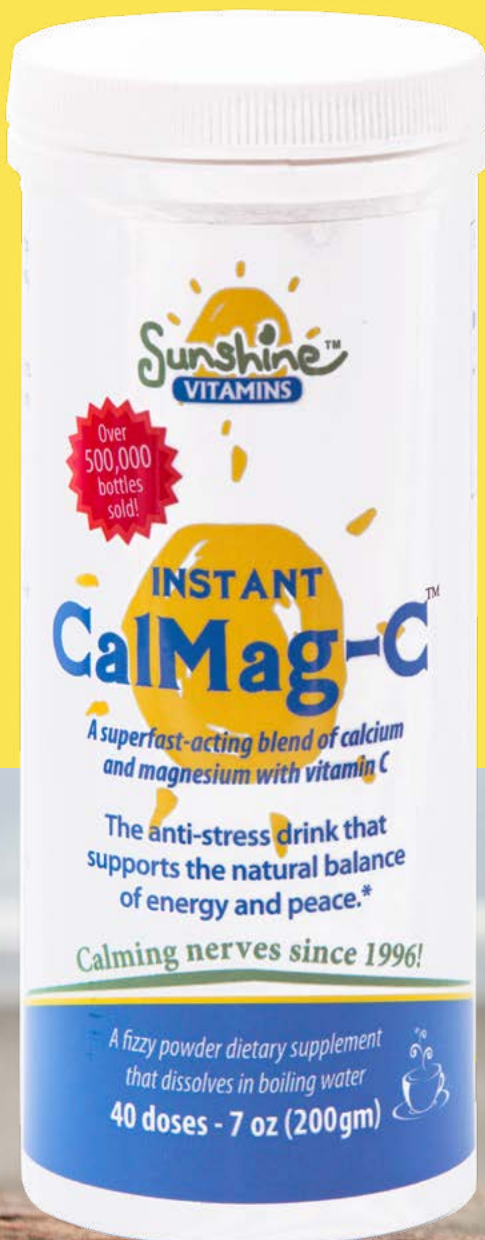
## HOT, COLD AND ICY



## SERVING SUGGESTIONS



**INSTANT CALMAG-C utilizes Vitamin C as an acid base to create the perfect pH balance to absorb calcium into your cells.**



**The following recipes are the best methods to flavor your Instant CalMag-C while maintaining the pH balance for maximum effectiveness!**



# CORRECT PREPARATION

The formula for Instant CalMag-C is balanced to a 2:1 ratio of Calcium and Magnesium with vitamin C as an acid base. When mixed with boiling water, this exact ratio and pH balance causes the elements to react and combine, which allows the calcium to absorb into the cells (rather than pass through the body, or worse, create deposits). This is why CalMag-C must first be correctly prepared before any flavoring steps are added.



# ICE & LEMON OR LEMONADE

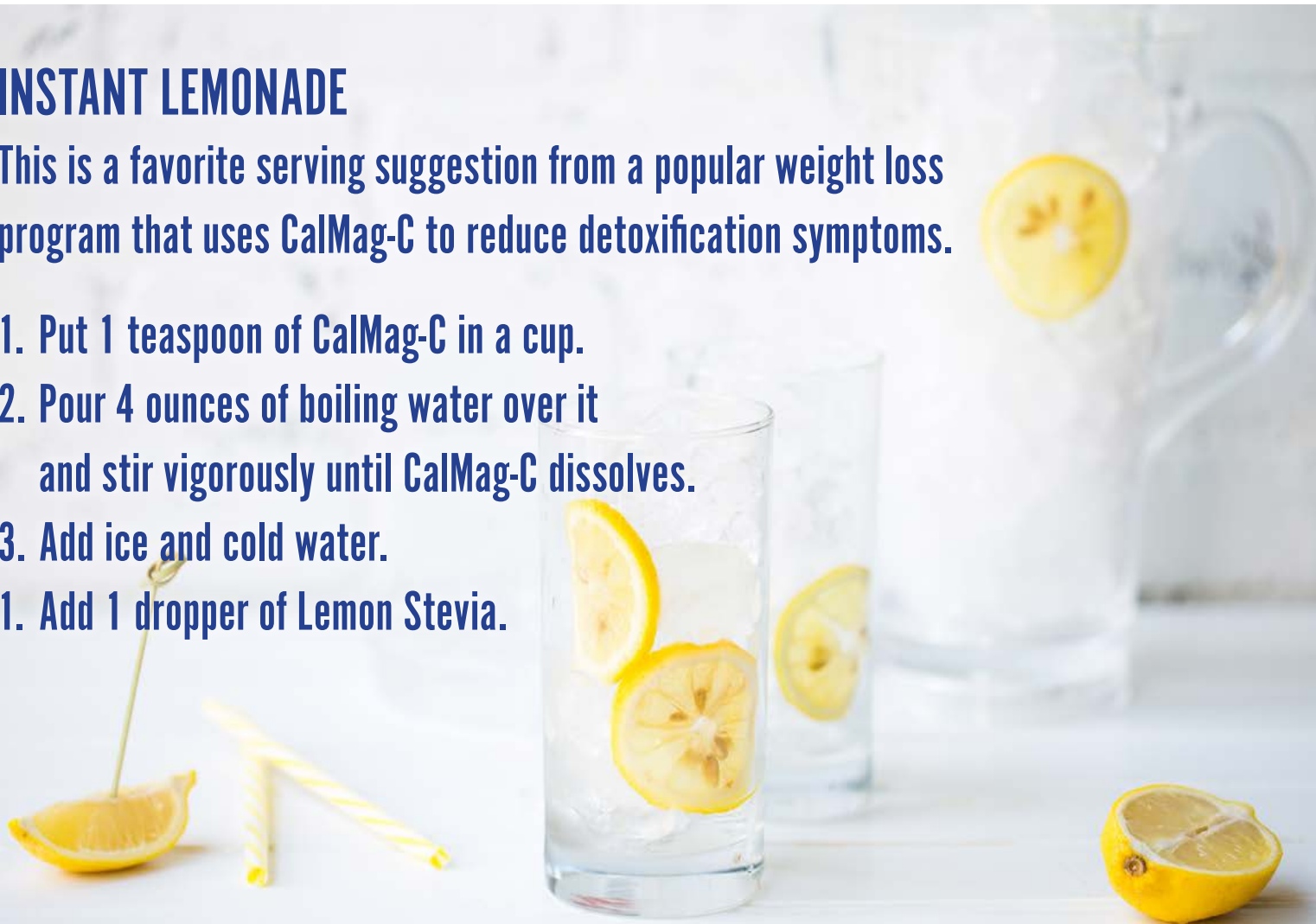
## ORIGINAL METHOD: ICE & LEMON

1. Put 1 teaspoon of CalMag-C in a cup.
2. Pour 4 ounces of boiling water over it and stir vigorously until CalMag-C dissolves.
3. Add ice and cold water.
4. Add lemon wedges.

## INSTANT LEMONADE

This is a favorite serving suggestion from a popular weight loss program that uses CalMag-C to reduce detoxification symptoms.

1. Put 1 teaspoon of CalMag-C in a cup.
2. Pour 4 ounces of boiling water over it and stir vigorously until CalMag-C dissolves.
3. Add ice and cold water.
1. Add 1 dropper of Lemon Stevia.



# COLD WITH JUICE

CALMAG-C HAS A LEMONY TASTE AND PAIRS WELL WITH THESE JUICES.

## DIRECTIONS

1. Put 1 teaspoon of CalMag-C in a cup.
2. Pour 4 ounces of boiling water over it and stir vigorously until CalMag-C dissolves.
3. Add ice cubes to cool.
4. Add 4 ounces of juice.

## RECOMMENDED JUICES

- Apricot
- Blueberry
- Blackberry
- Cherry
- Kiwi
- Lemon
- Orange
- Pineapple





# S M O O T H I E

THESE ICY RECIPES ARE DELICIOUS AND A FAVORITE OF OURS!

## LIGHT SMOOTHIE EXPERIENCE

1. Put 1 teaspoon of CalMag-C in a cup.
2. Pour 4 ounces of boiling water over it and stir vigorously until CalMag-C dissolves.
3. Pour into the blender.
4. Add iced pineapple chunks and blend!

## JUICY SMOOTHIE

Add 4 ounces of orange juice for a juicier tasting smoothie!



# H O T T E A

## TEA PAIRINGS THAT ROCK!

1. Put 1 tspn of CalMag-C in a cup.
2. Pour 8 ounces of boiling water over it and stir vigorously until CalMag-C dissolves.
3. Add the herbal tea.
4. Steep, then sweeten with lemon or a low pH honey such as Manuka Honey.

- **Cranberry Apple Zinger Herbal Tea**
- **Lemon Zinger Herbal Tea**
- **Tangerine Orange Herbal Tea**
- **Wild Berry Herbal Tea**



# THANK YOU

WE APPRECIATE YOU CHOOSING INSTANT CALMAG-C!

AS A FAMILY-OWNER AND OPERATED COMPANY WE RELY ON YOU, OUR CUSTOMERS. WE WOULD LOVE TO HEAR YOUR CALMAG-C RECIPES, FEEDBACK AND SUGGESTIONS IN ORDER TO KEEP IMPROVING!

