

## WHAT'S INSIDE?

Each of our lines has its own nutrient dense base of ingredients to help heal and support your system

### FIRE BREW

#### THE BASE - IN EVERY BOTTLE

- Raw Apple Cider Vinegar with the “mother”** - Rich in pre- and probiotics
- Ginger** - Powerful anti-inflammatory, could treat chronic indigestion
- Turmeric** - Powerful anti-inflammatory, may improve brain function
- Horseradish** - May help respiratory health and helps regulate blood pressure
- Garlic** - Helps combats the common cold, may lower risk of heart disease
- Habanero Peppers** - Revs up the metabolism, may relieve joint pain
- Oranges** - Source of vitamin C, thiamine, folate, and potassium
- Lemons** - Full of vitamins, minerals, phytonutrients, and antioxidants
- Onions** - Rich in vitamins, minerals, and antioxidants, boosts digestive health
- Apples** - High in fiber, good for bone health, may lower risk of diabetes
- Rosemary** - Strong anti-inflammatory, may enhance memory and concentration
- Raw Organic Honey** - High in bioactive plant compounds and antioxidants

#### SIX SIGNATURE BLENDS:

- Energy - Beet** - Boosted with beets, hawthorn berries, and cinnamon
- Immune - Citrus** - Boosted with citrus fruits, astragalus, and rosehips
- Detox - Garden** - Boosted with kale, spinach, horsetail, limes, and spearmint
- Vitality - Chai** - Boosted with licorice, cloves, fennel seeds, cardamom, black pepper, and cinnamon
- Renewal - Hibiscus** - Boosted with hibiscus flowers, raspberry leaves, pomegranate juice, and rose petals
- Fortify - Unsweetened** - Fire Brew base - for unapologetic purists

### MOON BREW

#### THE BASE - IN EVERY BOTTLE

- Raw Apple Cider Vinegar with the “mother”** - Rich in pre- and probiotics
- Spinach** - Great source of vitamins A, C, and K1, as well as iron and calcium
- Cucumbers** - Promote hydration, may be helpful in lowering blood sugar
- Ginger** - Powerful anti-inflammatory, could treat chronic indigestion
- Celery** - Great source of antioxidants, has an alkalizing effect
- Lemons** - Full of vitamins, minerals, phytonutrients, and antioxidants
- Oranges** - Source of vitamin C, thiamine, folate, and potassium
- Raw Organic Honey** - High in bioactive plant compounds and antioxidants

#### THREE SIGNATURE BLENDS:

- Sleep - Blueberry** - Boosted with herbal blend of skullcap, lemon balm, passion flower, chamomile, licorice, lavender, hops, and blueberries to encourage restfulness and support a strong constitution
- Calm - Pear** - Boosted with herbal blend of cinnamon, linden flower, lemon balm, chamomile, licorice, spearmint, and pears to calm your system and cool down your adrenals
- Uplift - Strawberry** - Boosted with herbal blend of rose petals, lemon balm, hibiscus flowers, cinnamon, licorice, fennel seeds, and strawberries to lift a compromised spirit and nourish the entire body

#### SERVING SUGGESTIONS:

**STRAIGHT:** Take 1-2 Tbsp a day to promote overall health and wellness

**MIX:** With water (bubbles or still) or your favorite drink, smoothie, or tea

**COOK:** Use in place of vinegar in salad dressing, drizzle on roasted veggies, etc