

# GOLDEN SLUMBER ELIXIR



A soothing, spiced  
bedtime beverage to  
**SUPPORT** your **SLEEP**.

## ✦ INGREDIENTS ✦



1 Serving  
MaryRuth's Coconut Dream  
Liquid Multimineral



1 Serving  
MaryRuth's Organic Turmeric  
Gold Herbal Blend Liquid Drops



1 Cup  
Almond Milk



1 Tbsp  
Honey or Maple Syrup



1 Tsp  
Cinnamon

## ✦ INSTRUCTIONS ✦

1. Add almond milk, honey or maple syrup, and cinnamon to a cocktail shaker with ice and shake to combine.
2. Add ice to a glass and strain in the mixture.
3. Stir in one serving of MaryRuth's Liquid Nighttime Multimineral and Organic Turmeric Gold Herbal Blend Liquid Drops.
4. Enjoy in the evening for a soothing part of your bedtime routine!