

# PINEAPPLE GINGER SLEEP ELIXIR



A relaxing, **SLEEP-INDUCING**  
beverage with a mouthful  
of **FLAVORS!**

## ✦ INGREDIENTS ✦



1 Serving  
MaryRuth's Pineapple Dream  
Liquid Nighttime Multimineral



1 Serving  
MaryRuth's Organic  
Ashwagandha Root Liquid Drops



4 Oz  
Pineapple Juice  
(Sugar-Free)



1/2 Tsp  
Ground Turmeric



1/2  
Juice of Lime



4 Oz  
Ginger Beer



Lime Wheel  
(For Garnish)



Ice

## ✦ INSTRUCTIONS ✦

1. Fill a cocktail shaker halfway full with ice and add turmeric, pineapple juice, and lime juice.
2. Shake vigorously for 10-15 seconds.
3. Fill a glass with ice and strain the contents of the shaker into it.
4. Top with ginger beer and stir in the Organic Ashwagandha Root Liquid Drops and Liquid Nighttime Multimineral.
5. Garnish with a lime wheel and enjoy the relaxing benefits!