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## **Fermented Garlic Recipe**

### **Ingredients:**

- ☞ 10 organic garlic bulbs
- ☞ 1 glass pint jar
- ☞ Cheese cloth (wash cloth or paper towel)
- ☞ 2 Tbsp. *Premier Agri-Tonik*
- ☞ 1 – 2 cups Purified water

### **Directions:**

1. Break down the garlic bulbs into their individual cloves. Then peel the naturally adhering paper off all the garlic cloves (throw away any cloves that feel mushy or that have discolored spots).
2. Slice all the peeled garlic cloves into thin slices.
3. Place all the garlic slices into a glass pint jar and fill with enough water to cover them.
4. Stir in 2 tablespoons of *Premier Agri-Tonik* into the liquid (just roughly stir it in; it does not have to be perfectly dispersed).
5. Cover the glass jar with a cheese cloth (wash cloth or paper towel). Place a rubber band around the sides to hold the cloth in place.
6. Place the jar next to a constant-warmth-generating source roughly around 130° (a food dehydrator on medium works well).
7. Place a towel over the glass jar to help it maintain its temperature.
8. Leave in place for 48 hours (or a minimum of 24 hours).
9. After 48 hours you may begin eating the garlic slices.
10. Seal the jar tightly with a lid and store in the refrigerator until finished.

We suggest 2 Tbsp. or more per day as desired. You may eat them alone or with food. You may eat the bits of Premier Agri-Tonik on the garlic or wash them off before eating.