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43334 Bryant St. Suite 9B
Fremont, CA 94539

Phone: (510) 498-8730
Fax: (510) 498-8757
www.TheReferencePoint.com

Lemon Drink

Ingredients:

- ☞ 1/2 organic lemon (peeled) – remove seeds
- ☞ 3 cups water
- ☞ 1 heaping tablespoon Premier Canadian Gold Honey

Directions:

Blend all ingredients together and drink each morning.