



A WELLSPRING OF NATURAL HEALTH, INC.
Person-Centered Health Care © Natural Medicine for the Whole Family

Collagen and Membrane Fluidizer Drink

1 TBSP flaxseed oil (or other oil)

1 TBSP lecithin (any form)

6 OZ juice/water

Just mix and shake. Drink in morning.

No fatty meals for 20-30 minutes after drinking.