


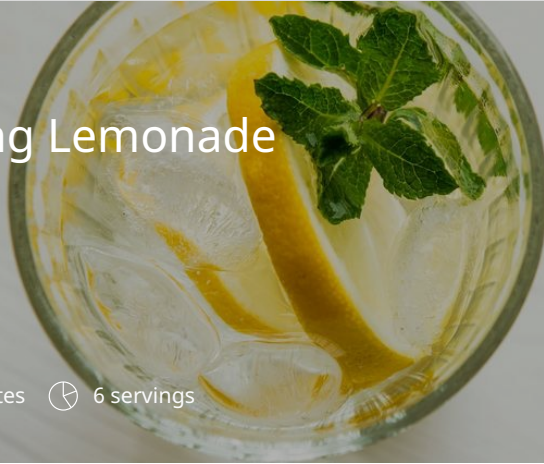


# Super Hydrating Lemonade

#ketogenic

 5 ingredients  1 minutes  6 servings



## Directions

1. Mix all ingredients together and drink throughout the day to help balance electrolytes and reduce keto flu. Add the chlorophyll for extra liver support and antioxidant properties. Can be found at any health food store.

## Ingredients

- **6 cups** Water
- **4** Lemon (juiced)
- **1/2 tsp** Sea Salt
- **12** liquid chlorophyll drops (Optional)
- **1/2 cup** Mint Leaves (Optional)