



MOUTH WASH

Recipe courtesy of LISA FIORE

INGREDIENTS:

1. 10 drops of your favorite essential oil or combination (Cinnamon, Lemon, Myrrh, Peppermint, Wild Orange or Winter Green recommended)
2. 2 Cups of Purified Water. Single File Aligned (SFA) is preferred.
3. 1 tsp. of FloraBiotica Synergy Powdered Probiotic
4. 16 ounce dark blue or amber bottle for storage

DIRECTIONS:

Blend purified water and 10 drops of essential oil in the glass bottle. Shake before using. Take small sips and swish. Do not swallow.