

Adrenal Support Juice

Ingredients:

- 1 cup spinach
- 1 cucumber
- ½ orange (peeled)
- 1 celery stalk
- ½ lime

Instructions:

1. Wash and chop all items.
2. Juice ingredients.
3. Enjoy fresh.

Benefits:

Boosts vitamin C, supports adrenal fatigue recovery, and balances energy.