

Pancreas Support Juice

Ingredients:

- 1 bitter melon (optional)
- 1 cucumber
- 1 green apple
- 1 lemon
- 1 celery stalk

Instructions:

1. Rinse all produce.
2. Remove seeds from bitter melon if using.
3. Juice all ingredients.
4. Drink right away.

Benefits:

Supports blood sugar balance and reduces inflammation in the pancreas.