



Supercharge Your Defenses and Energy with Fresh Immune-Boosting Juice

Feeling run-down, battling allergies, or just low on energy? This Immune Juice is your go-to pick-me-up. With carrots, celery, oranges, lime, and ginger, it's fresh, nutrient-rich, and easy to make—perfect for supporting your immune system any time of year.

Choose organic fruit and vegetables whenever possible.

Ingredients

- 3 carrots – washed, stem end removed
- 2 stalks celery – washed
- 1 orange – peeled, and cut to fit into the chute
- 2 lime – peeled, and halved
- 1 small knob of ginger, washed (no need to remove the skin)

Instructions

1. Run the ingredients through the juicer in the order listed above.
2. Give it a stir to mix all ingredients.
3. Serve and Enjoy!

Cheers!