

Formula Alternative

250 mL Enriched Rice Dream or Organic fortified goat's milk (3.25%)
700 mL distilled water
60 mL strained raw, fresh carrot juice (if older child-can use ¼ to ½ scoop Greens+kids)
1 scoop Proteins+ (EHN) alphapure whey or mineral matrix (St. Francis Farm)
2 scoops HMF Natogen (L. acidophilus 2.7 billion cfu & Bifidobacterium infantis 1.4 billion cfu)
2 tsp. Udo's oil
2 tsp. sunflower oil, unrefined
1 tsp sesame oil, unrefined
1 tsp Brewer's yeast
1 tsp Pediatrivite (Genestra)
100 mg L-Taurine
Plantizyme 1 cap (Thorne)

This makes about 32oz.

Make fresh daily.

Discard any leftover after 24 hours.