

ALKALIZING EFFECT FROM THE ENTIRE LEMON

The entire lemon changes from acid to alkaline in your body as a result this creates an environment for optimal health and disease prevention.

How The Process Works:

Step 1



Outside of the body, lemons are acidic with a pH of 2.

Step 2



Lemons enter the stomach as an acid, mimicking your stomach acid (HCL) which helps:

- ✓ Break down food more effectively
- ✓ Flush out toxins
- ✓ Stimulate the pancreas to secrete digestive enzymes and bicarbonate, which improves nutrient absorption in the small intestine

Step 3



Once lemons are fully metabolized and turned into alkaline ash (potassium, magnesium, and calcium). These alkaline minerals are absorbed into the circulatory system, creating an alkalizing effect in your body.



Pucker Urban Farm

San Juan Capistrano, CA

Certified by: Organic Certifiers

Take a Holistic Approach, **GO ORGANIC!**

Order online **TODAY** at:
puckerurbanfarm.com

or call toll-free at:
844.500.LEMON
(844.500.5366)

REFERENCES:

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Mrs. Pucker's LEMON SHOT™

The **POWER** is in the **PEEL!**™

An Organic Nutritional Division of Integrated Healthcare Solutions

Improving health is as easy as
SHAKE, OPEN, AND DRINK

LOW
Calorie
Option



Diabetic
SUPERFOOD

Made from
100%
Organic
Lemons

NO SOUR
Aftertaste

NO
Preservatives

NO ADDED
Sugars or Syrups



WOMEN
OWNED



INTEGRATED
HEALTHCARE
SOLUTIONS™

Organic Nutritional Division

Have you heard the old adage,
“You are what you eat?”

Well, it’s only **half true**.
You are what you eat, digest,
assimilate, absorb, and utilize.

THAT’S WHY YOU NEED
Mrs. Pucker’s Lemon Shots!

Unlock the power of the entire lemon
and go above conventional juicing!



A 4oz. 100% organic liquid lemon drink
that utilizes the entire lemon.

**Peel, Pith, Seeds, and Juice
= Mrs. Pucker’s Lemon Shot**

**For maximum health benefits
drink 3 times a day!***

Morning: Drink 4oz. **before** breakfast

Noon: Drink 4oz. **after** lunch

Night: Drink 4oz. **after** dinner

* Take 3 times a day for a minimum of 30 days to cleanse your digestive system. Then drop to 2 times a day for routine health maintenance for a happier, healthier YOU! Try not to consume any liquids after taking the lemon shot for 30 minutes to allow the lemon to absorb and break down your food after meals.

LEMON FACTS

THE ENTIRE LEMON INCLUDING THE
PEEL AND PITH IS A GREAT SOURCE OF:

D-Limonene, the oil concentrated in the peel ¹

- Natural fat cleanser
- Detoxification
 - Pushes toxins from the body & supports healthy liver function
- Effective compound to dissolve gallstones and kidney stones

Vitamin P, a flavonoid found in the skin of a lemon ²

Flavonoids are powerful antioxidants
that: ³

- Enhance Vitamin C effectiveness & other vitamins
- Contain anti-inflammatory properties
- Contain anti-bacterial properties
- Enhance circulatory health

Vitamin C, an antioxidant ⁴

- ✓ Immune Booster
- ✓ Building block to produce collagen
- ✓ Improves your mood
- ✓ Boosts metabolism & improves weight loss ²
- ✓ Helps reduce cortisol hormone levels ⁵
- ✓ Improves absorption of Iron

Drinking the entire lemon is a
natural, safe solution for general
health AND:

- ✓ Reducing Acid Reflux
- ✓ Improving Digestion
- ✓ Improving Sluggish Bowel Syndrome
- ✓ Reducing Bloat
- ✓ Reducing Putrefaction Bacteria in the Gut which is directly connected to your ability to lose weight.
- ✓ Improving Oral Hygiene
- ✓ Hydrating and Rejuvenating Skin
- ✓ Reducing Uric Acid Build-up

Lemons are a natural diuretic;
therefore, consume copious
amounts of water daily.

Did you know the American Diabetes
Association (ADA) classifies lemons
as a “Diabetic Superfood”? ⁶

Lemon has a low glycemic index of 3 and contains pectin, a soluble fiber, which helps stabilize blood glucose levels, lower blood pressure, and reduce inflammation. The majority of nutritional benefits are found in the peel which has 5 to 10 times more vitamins than lemon juice alone.

