

Russian Penicilin

1 grapefruit

1 orange

1 lemon (with peel)

1 onion

3–5 fresh garlic cloves

5 cm fresh ginger

1/16–1/8 tsp cayenne pepper

3 drops peppermint oil

Water as needed for blending

Honey to taste

Peel the orange and grapefruit thinly, leaving some of the white pith. Cut the fruit and the onion into coarse pieces. Place everything into a blender and mix well. Keep refrigerated.

For an adult take 250 ml a day (a spoonful at a time throughout the day).

For a child take 125 ml a day.





Natural Antibiotics:

- **Echinacea:** Boosts immunity; antibacterial.
- **Thyme:** Fights bacteria and viruses; good for lungs.
- **Oregano oil:** High in carvacrol; broad-spectrum antibacterial.
- **Pau d'Arco:** Antimicrobial and anti-inflammatory.
- **Propolis:** Bee product with antibacterial, antiviral, and antifungal power.
- **Nasturtium:** Used for respiratory and urinary infections.
- **Manuka honey:** Helps treat infections and wounds.
- **Grapefruit seed extract:** Potent natural antimicrobial.

For more information go to our website:



amevera.com

Informational only.
Always consult a medical professional.

