

PREVENTATIVES - GARLIC -

Preventatives Garlic - 1.76 oz

Entire books have been written about garlic and its multiple uses. The ancients wrote widely about flavoring, preventing disease, and healing with garlic. Replace your old, lifeless garlic salt with a single drop of this amazing whole-garlic.

Ingredients

Purified Water, Gum Arabic, Garlic Extract, Rosemary Antioxidant.



Recipes

ForeverGreen Wraps



What you will need: Wheat pita or tortilla, 1 Tbs Olive Oil, 2 drops of Basil Preventatives, 2 drops of Garlic Preventatives, Vegetables: (lettuce, tomato, cucumber, sprouts, black olives, onions, etc.)

Directions: Lay tortilla or pita flat on a plate. Mix 1 Tbs of Olive Oil, 2 drops of Basil Preventatives, and 2 drops of Garlic Preventatives together. Pour onto pita/tortilla. Using a knife or spatula spread the oil mixture so that it evenly covers the pita/tortilla. Add your favorite vegetables and roll it up like a burrito.

Preventatives Steak



What you will need: Steak, 1/2 cup olive oil, 1/4 cup soy sauce, 1 Tbs Oregano Preventatives, 1 Tbs Garlic Preventatives, Black Pepper.

Directions: Combine 1/2 cup olive oil, 1/4 cup soy sauce, 1 Tsp Oregano Preventatives, and 1 Tbs Garlic Preventatives in a bowl, this is your marinade. Place steak on a plate, bowl, cutting board etc. Pour the marinade onto steak. Rub the marinade into the steak. Sprinkle black pepper onto the steak (optional). Put steak on grill and cook to taste.

Whole-plant extracts for whole-plant health

Our whole-plant extracts are remarkably strong and wonderfully powerful ingestible substances. A single drop represents highly concentrated plant material, therefore, it's wise to proceed with caution when trying them for the first time. Here is a set of suggestions for best use.

1. Always try a fraction of a drop first, especially when flavoring a single serving. Gather just a trace of the spice on a toothpick and stir it into your food, water, or herbal tea. Taste and add more as desired.
2. For maximum health benefits, add the extract after you have taken the food off the burner. This allows the maximum properties of the plant to remain in the food. When you add the flavor while you are still cooking, some of the molecules "flash off." You'll be able to smell them filling the room with aroma.