

POTASSIUM CITRATE PROTOCOL FOR PREVENTION OF KIDNEY STONES

1. Add ½ cup of lemon juice concentrate to 7 ½ cups of water.
2. Sweeten to taste with sugar or artificial sweetener.
3. Drink all 8 cups daily.
4. It is best to spread out the 8 cups over the course of the day (for example, 2 cups, four times per day).
5. Please drink this through a straw (otherwise it can occasionally stain your teeth).

**This protocol has been found to help prevent the
recurrence of kidney stones.**