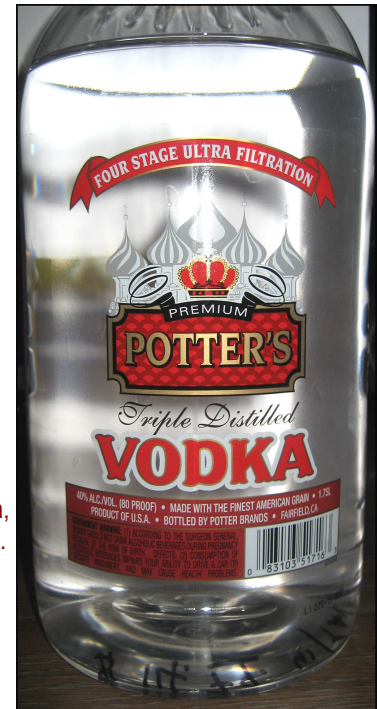


# Blender Liposomal Vitamin-C

How to make liposomal vitamin-C using only a blender

These are the ingredients needed:



The recipe can be scaled up or down in volume. *If you don't want to use vodka, then increase water to 700 ml.*

- Filtered Water** ..... **350 grams**
- 40% Vodka** ..... **350 grams** (helps to create liposomes)
- Ascorbic Acid** ..... **90 grams** (*don't use ascorbates*)
- Sunflower Lecithin** .. **90 grams** (dry lecithin, not liquid)

A scale is necessary to measure ingredients. A high-speed blender is needed for high temperatures.

A thermometer is used to measure the temperature of the liquid solution.

1. Add water, vodka and ascorbic acid to blender.
2. Blend until ascorbic acid goes into solution (no granules visible) Takes about 90 seconds on high.
3. While blending, slowly add lecithin on lowest speed. Then, increase blender speed to maximum.

Measure solution temperature with a thermometer that will measure up to 35C (95F).

4. Stop blending when temperature reaches 35C. About 2.5 minutes in my blender.
5. Place in fridge for 2 hours.

6. Take out of fridge and remove bubbles, etc. that are on top of the solution. This is the end of cycle one. After the first blending, go to the second and stop blending when the temperature is 30C (90F). The first cycle is 35C, all others are 30C. I suggest to run three or more blender/fridge cycles. After last cycle, remove bubbles, pour into storage bottle and keep in fridge.

This recipe will make about 750 ml of liposomal vitamin-C. If each dose is 15 ml (1 tbsp) there will be about 46 doses with about 2 grams of vitamin-C in each dose. Your body should use about 93% of that or about 1.9 grams each dose. I dose twice a day, 15 ml in half a glass of water for prevention. If you get sick, you can take more, even hourly. There is no diarrhea problem when taking lipo-C.

This recipe is based upon the research I found on this website: <https://qualityliposomalc.com>

Stay healthy and support your immune system with liposomal vitamin-C.



15mar'20

[MMSinfo.org](http://MMSinfo.org)

