

Goat's Milk Formula

1 qt. goat's milk (preferably organic)

200 mg Folic Acid

1 tsp Omega 3 and 6 Oil combination (NOW brand makes a 3-6-9 combination that works well)

1 drop Vitamin E Oil

1 drop Beta carotene (NOT Vitamin A)

1 tsp Acidophilus

1 dropperful B complex - dissolve a 50 mg. B complex tablet in 1 oz distilled water. A dropper bottle works well for this.)

Mix ingredients and store in refrigerator. Use within 2 days.