

Supplement Gummies



From Dr. Sonia:

“Just wanted to share an easy way to give children there supplements of your struggling. I’ve been making these gummies for my 1 yr old, she would eat all of them if I’d let her. She is recovering well from a severe cough taking her protocol this way. These have strawberries, Cataplex ACP, congaplex and echinecia purpurea liquid. The orange ones have mango, coconut butter and a little maple syrup. Others that I have in the fridge have broncafect and calcium lactate. These shapes make it fun but you can just pour in a pan and cut in squares too. Just an idea if nothing else works, all you need is fruit, grass fed collagen a little maple syrup or more if the child is super picky about taste and water.”

Based on: <https://www.mamanatural.com/gelatin-gummy-stars/>

Strawberry gummies

-12oz fresh or frozen strawberries

-4oz water

-1 tbsp maple syrup (use more for picky eaters) to disguise the taste of the supplements.

Blend in a blender till smooth. If using other berries you will need to strain the liquid out.

Pour into pan and add

4 TBSP grass fed beef gelatin. Stir on low until gelatin has dissolved about 8 min. Let it cool a bit before mixing in supplements and herbs. Pour into desired molds and refrigerate for 15 min or freeze for 5 min. Store in fridge.

Mango gummies

-12oz mango

-4oz water

2-3 TBSP maple syrup

(this one needed a little more sweetness)

Blend on high until smooth, pour in pan and add 1.5 TBSP coconut butter and 4 TBSP grass fed beef gelatin. Heat on low until gelatin has dissolved. Let cool for a bit before adding in supplements and herbs. Pour into desired molds, refrigerate and Enjoy!