

## SUPPLIES YOU WILL NEED TO MAKE YOUR OWN SUPPLEMENTS and INSTRUCTIONS



<https://capsuleconnection.com/home-capsule-machine/the-capsule-machine.html>



**Now Foods, Healthy Foods, Single "0" Gelatin Caps, 1000 Empty Capsules**

<https://au.iherb.com/pr/Now-Foods-Healthy-Foods-Single-0-Gelatin-Caps-1000-Empty-Capsules/893>

Food dehydrator similar to this one is fine



<https://www.ebay.com/p/Ronco-125-Watts-5tray-Electric-Food-Dehydrator-FD1005WHGEN/710159245>



A good old fashioned hand juicer will last longer than most home electronic juicers

And you will need a good supply of organic lemons and oranges, even local people who have lemon trees in their gardens are a good source of chemical free lemons. Worst case its ok to buy from markets because the process removes any pesticide residue



Household vinegar



Alcohol hand gel



A spice or coffee grinder



Orange skin peeling machine

Ok the process..... Natural vitamin C (Lemon)

1. Get your lemon cut in half and juice them. Keep the juice for adding to water every morning as a great start to the day. Put all the half skins into a sink.
2. Fill sink with water and add 1 cup of cleaning vinegar and leave lemon skins to soak for 30 minutes, this removes all the chemical residue on the skins.
3. Once they have soaked remove from water and allow to drain. Then on a cutting board slice and dice the entire lemon skins except the brown part that the stem comes out of. Place the diced pieces of lemon onto trays in the dehydrator.
4. Once you have filled the dehydrator set it to a low temp around 100 degrees Fahrenheit no hotter because it will cook the lemon. The lemon skin pieces will brown slightly but you don't want it black.
5. Once the lemon has dehydrated put into a container and place into the freezer.
6. Once frozen you can grind in your spice grinder to a fine powder, I would recommend you sift the powder to remove any small bits that have not turned to powder.
7. Re-store the lemon powder in the freezer until you are ready to put it into the capsules.
8. Set up capsule machine , powder a long teaspoon and hand gel at a table where you can work on making your capsules.
9. Always clean hands with alcohol gel before working on making capsules.
10. Make up around 200 hundred capsules at a time and store in a container in your fridge. Keep remaining powder in the freezer. This is a good amount to have on hand at any time. The lemon powder is aprox 46% natural vitamin C and the rest is natural plant fibre.

D-Limonene (Orange)

1. Fill sink with water and add 1 cup of cleaning vinegar and leave oranges to soak for 30 minutes, this removes all the chemical residue on the skins.
2. Get your orange skin peeling machine set up or if you don't have one get a sharp knife , you are after as much of the orange part of the skin trying to make sure you have very little of the white pith part of the skin. The D-Limonene is the colour orange
3. Once you have your skin place it into your dehydrator and dry out as you did the lemon. I cut the long strings into smaller pieces so that they grind more easily.
4. Once the orange has dehydrated put into a container and place into the freezer.
5. Once frozen you can grind in your spice grinder to a fine powder, I would recommend you sift the powder to remove any small bits that have not turned to powder.
6. Re-store the powder in the freezer until you are ready to put it into the capsules.
7. Set up capsule machine , powder a long teaspoon and hand gel at a table where you can work on making your capsules.
8. Always clean hands with alcohol gel before working on making capsules.
9. Make up around 200 hundred capsules at a time and store in a container in your fridge. Keep remaining powder in the freezer.

That is basically it. The orange is slightly oily so it will clump together more and fowl your capsule machine easily , calm methodical work will make it easy.

The main one to make is the lemon because the vitamin c molecule in lemons is perfect for overall blood vessel health which allows your body to function. You can also use it to blend with other substances such as Shilijit which you can purchase through Iherb . It is well known by big pharma that blending vitamin C with any medication or supplement will enhance the effect of the substance it is put with, also it acts as a carrier within the body.

That's it, you can make your own natural vitamin C and D-limonene supplements Less than \$200 will set you up to provide your own supplements for life...

If you find it is harder than you thought and time consuming you can always get your supplements directly from us [www.citrusc.com.au](http://www.citrusc.com.au)