



## VOCAL GARGLE RECIPE

- 1 Tablespoon white Karo syrup\*
- 1 Teaspoon Salt
- 1/2 Teaspoon Baking soda
- 8 oz warm water (not too hot to gargle)

Mix together until ingredients have dissolved. It should be warm but not hot enough to burn the throat. Gargle until all is gone. You can do this up to 3x a day.

\*Substitute honey or maple syrup for Karo syrup if needed

