Shopping List

Everything you need for Cooper's formula, with product links



Please read: The **original products** are the ones used in the recipe that was lab tested. The **alternatives** are similar products we suggest because the originals are hard to find. **The alternatives have not been tested** in Cooper's Recipe, so check the ingredients and talk to your doctor before you use them.

MINERALS & SPECIALTY PRODUCTS

Four Salts

Original tested product: pH Miracle Products

SIMILAR · NOT TESTED Phour Salts, Alkaline Care (Naturitas)

L-Arginine

Original tested product: pH Miracle Products

SIMILAR · NOT TESTED L-Arginine Powder (Carlson Labs)

Green Powder (vegetable drink mix)

Original tested product: pH Miracle Products

SIMILAR · NOT TESTED Raw Organic Perfect Food (Garden of Life)

SEA VEGETABLES

Sea Moss Powder

Original testing used Dr. Sebi's sea moss

SIMILAR · NOT TESTED Organic Irish Sea Moss Powder (Erbology)

NATURAL INGREDIENTS & HEALTHY FATS

Chlorophyll · natural food stores

Flaxseed oil · natural food stores

Hemp seeds · natural food stores

Avocado · choose organic when you can

Coconut oil · organic, cold-pressed

MILK OPTIONS

Milk of your choice. Flax or hemp milk is preferred. If you try a nut milk, start with a small amount.

WHERE ARE THE BLENDS?

Goofy Greens, Power Powders and Mighty Minerals were Lohra's own blends and are no longer sold. Use the products on this list in their place.

Product note: Consult with a doctor before using anything from this list. Check ingredients, quality, and suitability before use. Links go to other companies' websites.