

Mi-

# GlucaChol-22

**NEW**



## Berry Smoothie

### INGREDIENTS

- 2/3 cup fresh or frozen mixed berries
- 4-5 tablespoons Bulgarian yogurt
- 100ml cold water
- 4 ice cubes
- 1 1/2 scoops GlucaChol-22

Makes 1 smoothie



### For a healthy heart

- Assists with cholesterol lowering
- 100% Natural ingredient
- Effective within weeks

### DIRECTIONS

Combine all ingredients and blend until smooth.

\*Optional extra – add a dollop of peanut butter or vanilla essence

 | Innovation  
Based on Science

Marketed by **At Life Products (Pty) Ltd**  
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**GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally**