

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 ½ 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**  
Tel: 0800 43 4444 | [www.atlife.co.za](http://www.atlife.co.za)  
Email: [info@atlife.co.za](mailto:info@atlife.co.za)



Friend  
Oatwell™  
[www.friendoatwell.co.za](http://www.friendoatwell.co.za)



Oatwell™ is a DSM Registered trademark. | Mi-Vitamin™ is an At Life Registered Trademark. | GlucaChol-22™ is an At Life Registered Trademark.

**GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally**