

Mi-

GlucaChol-22™



Cleanser Smoothie

INGREDIENTS

- 1 kiwi fruit
- ½ golden delicious apple
- 1 small stalk fresh ginger, peeled
- ¼ lemon squeezed
- 1tbsp almond flakes
- 1tsp raw honey
- 1 ½ scoops Original GlucaChol-22™

Water and ice

(You could add baby spinach as well for a greener cleanse)

Makes 1 smoothie



For a healthy heart

- Reduces blood cholesterol levels
- Very high in fibre
- Convenient, quick and tasty drink
- Effective within weeks



DIRECTIONS

1. Combine all ingredients and blend until smooth
2. Pour in glass and enjoy!
3. Smoothie will thicken if left to stand



 Innovation
Based on Science

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**GlucaChol-22™ with Oatwell™ reduces blood cholesterol levels.
May reduce the risk of coronary heart disease**