

Mi-

# GlucaChol-22™



## Green Goddess Smoothie

### INGREDIENTS

- 1 banana
- 1 kiwi fruit
- 1 handful baby spinach
- 1 ½ scoops Original GlucaChol-22™
- 1tbsp flaked almonds
- 1tsp raw honey
- Water and ice

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

Marketed by At Life Products (Pty) Ltd  
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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™ reduces blood cholesterol levels.  
May reduce the risk of coronary heart disease**