

Mi-

GlucaChol-22™



Monday Morning Smoothie

INGREDIENTS

- 1 banana
- ½ golden delicious apple
- 100ml plain yoghurt
- 1tsp raw honey
- 1tsp chia seeds
- 1tbsp almonds
- 1 ½ scoops Original GlucaChol-22™
- 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
Tel: 0800 43 4444 | www.atlife.co.za
Email: info@atlife.co.za




OatWell™
oat beta-glucan

Friend
Oatwell™
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™ reduces blood cholesterol levels.
May reduce the risk of coronary heart disease**