

Mi-

GlucaChol-22™

NEW



Nutty Vanilla Smoothie

INGREDIENTS

- 175ml plain yoghurt
- 2 scoops Vanilla GlucaChol-22™
- ½ tsp ground cinnamon
- 1 tbsp rolled/raw oats
- 1 tsp raw honey
- 4-6 macadamia nuts
- 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
- Contains Tolerase® L (lactase)



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**