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GlucaChol-22

NEW



Peanut Butter Oats

INGREDIENTS

- ½ cup oats
- 250ml (1 cup) boiling water
- 125ml (1/2 cup) low fat / skimmed milk
- 1 tablespoon peanut butter
- 1 ½ scoops GlucaChol-22™
- ½ chopped banana



For a healthy heart

- Assists with cholesterol lowering
- 100% Natural ingredient
- Effective within weeks

DIRECTIONS

1. Warm the milk
2. Add milk, boiling water and oats together in bowl. Amount of milk will depend on how thick you prefer the oats
3. Microwave for 2 minutes or till cooked, stirring often
4. Add peanut butter and GlucaChol-22™ to cooked oats and stir well
5. Top with topped banana and peanuts (optional)

 | Innovation
Based on Science

Marketed by **At Life Products (Pty) Ltd**
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GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally