

Introducing the new member of the Mi-Vitamin™ family!

Mi-

GlucaChol-22™

NEW

What is GlucaChol-22™ with Oatwell™?

- GlucaChol-22™ with Oatwell™ is a 100% natural concentrated oat bran powder.
- GlucaChol-22™ with Oatwell™ contains high concentrations of valuable **beta-glucans**, soluble dietary fibres, which are found naturally within oats.

How does GlucaChol-22™ with Oatwell™ differ from oats & oat bran?

- The beneficial properties of oats are largely attributed to soluble fibres, called **beta-glucan**.
- Oats contain 3% beta-glucan and oat bran contains 5.5% beta-glucan.
- In GlucaChol-22™ with Oatwell™ beta - glucan's are present in high amounts due to a careful milling and sieving process of the oats. GlucaChol-22™ with Oatwell™ contains **22% oat beta-glucan**.

With  **OatWell™**
oat beta-glucan

For a healthy heart

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



Health Benefits:

The European Food Safety Authority (EFSA) recognises that not all dietary fibres provide the same physiological benefits. **Oat beta-glucan** is an ideal fibre to lower the risks for cardiovascular disease and metabolic syndrome because it helps to lower cholesterol levels and control blood glucose levels. It is vital for health conscious people to select the right dietary fibre to deliver the desired health benefits.



Proven to lower cholesterol for a healthy heart



Proven to reduce glycemic response
reduced glucose peaks



Improvement of bowel function
promotes digestive health

How much GlucaChol-22™ with Oatwell™ should be consumed per day?

- The cholesterol level can be reduced through the intake of **3g of oat beta-glucan daily**.
- **1 1/2 scoops of GlucaChol-22™ with Oatwell™** provides 3g oat beta-glucan.
- Use 1 1/2 scoops of GlucaChol-22™ with Oatwell™ per day in drinks & smoothies, over meals or mix into yoghurt, porridge, cereals, gravies and soups.
- **Consume immediately. Product will thicken if left to stand.**
- For healthy and tasty GlucaChol-22™ with Oatwell™ recipe ideas visit:
www.atlife.co.za / www.friendoatwell.co.za

 **Life** | Innovation
Based on Science

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