

Mi-

GlucaChol-22™

NEW



Date & Vanilla Smoothie

INGREDIENTS

- 175ml plain yoghurt
- 2 scoops Vanilla GlucaChol-22™
- 2 dates (medjool)
- 1 fresh/frozen banana
- ½ tsp vanilla essence
- 1tsp flaxseeds
- 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

Marketed by At Life Products (Pty) Ltd
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**GlucaChol-22™ with Oatwell™ reduces blood cholesterol levels.
May reduce the risk of coronary heart disease**