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# GlucaChol-22™



## Coconut Citrus Smoothie

### INGREDIENTS

2 clementines (you could use any citrus fruit here)

½ banana (frozen if possible)

1 ½ scoops Original GlucaChol-22™

1tbsp macadamia nuts

1tsp shaved coconut

1tsp flaxseeds

Water and ice

Addition: If you like the sweeter option – add a heaped teaspoon of honey!

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  
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**GlucaChol-22™ with Oatwell™ reduces blood cholesterol levels.  
May reduce the risk of coronary heart disease**