

Mi-

GlucaChol-22™



Green Goddess Smoothie

INGREDIENTS

- 1 banana
- 1 kiwi fruit
- 1 handful baby spinach
- 1 ½ scoops Original GlucaChol-22™
- 1tbsp flaked almonds
- 1tsp raw honey
- 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



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
Tel: 0800 43 4444 | www.atlife.co.za
Email: info@atlife.co.za




OatWell™
oat beta-glucan

Friend
Oatwell™
www.friendoatwell.co.za



Oatwell™ is a DSM Registered Trademark. | Mi-Vitamin™ is an At Life Registered Trademark. | GlucaChol-22™ is an At Life Registered Trademark.

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