

Mi-

GlucaChol-22

NEW



Milktart Smoothie

INGREDIENTS

- 100g (small tub) vanilla yogurt
- 125 ml low fat milk
- 1 small banana, peeled & chopped
- 1 teaspoon honey
- ½ teaspoon cinnamon
- 1 ½ scoops GlucaChol-22™



For a healthy heart

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

DIRECTIONS

1. Add all the ingredients to blender and blend until smooth
2. Pour in glass and sprinkle with a little cinnamon
3. Enjoy! Smoothie will thicken if left to stand

 **Life** | Innovation
Based on Science

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 **OatWell™**
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GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally