

INGREDIENTS:

- ½ avocado , stoned, peeled and cut into chunks
- 150g strawberry , halved
- 4 tbsp low-fat natural yogurt
- 200ml semi-skimmed milk
- lemon or lime juice , to taste
- honey , to taste



HOW TO PREPARE:

STEP 1:

Measure out all of your ingredients separately.

STEP 2:

Put all the ingredients in a blender and whizz until smooth. If the consistency is too thick, add a little water.

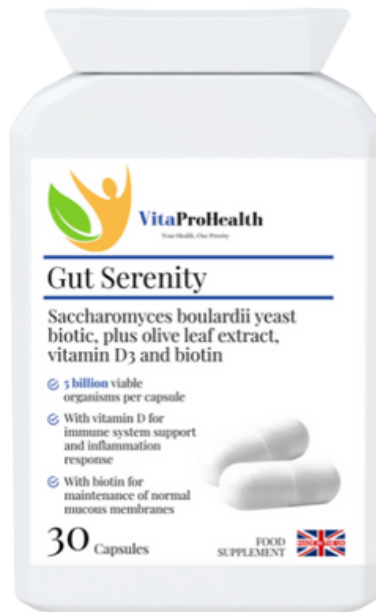
STEP 3:

Pour into your favorite Glass.

STEP 4:

Add a Straw and Enjoy!

Routine Flora-Pro for Gut Health



How To Use:

1 capsule to be taken 1 to 3 times per day, before meals or as advised. Up to 6 capsules can be taken per day.

InternaCALM is stable at room temperature, but may be refrigerated to preserve freshness.

KCAL: 197	FAT: 11G	SATURATES: 3G
CARBS: 15G	NUTRITIONAL INFORMATION	FIBRE: 3G
PROTEIN: 9G	SALT: 0.3G	SUGARS: 15G