

altralife

How to mix our shakes.

To make your delicious Altralife shake, follow these simple instructions:

STEP 1



Add **100ml – 300ml of water** to your Altralife shaker and add your mixing ball, depending on personal preference.

STEP 2



Add **2 scoops** or **1 sachet** of Altralife shake mix to your shaker.
1 serving = 2 scoops

STEP 3



Screw on lid and shake vigorously for 20-30 seconds. Enjoy directly from the shaker or pour into a glass.

Top tip: Don't pack your powder too tightly into your scoop as this will result in too much shake mix being used.