

# Instruction Manual for Health Drink Mix

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## Product Overview

Our Health Drink Mix is a nutritious blend of high-quality ingredients designed to provide essential vitamins, minerals, and energy to support your overall wellness. This drink is easy to prepare, making it an ideal choice for busy individuals looking to improve their health.

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## Ingredients:

- **Whey Protein Isolate:** Rich in essential amino acids.
  - **Vitamins A, C, D, and E:** To support immunity and skin health.
  - **Magnesium:** For muscle function and relaxation.
  - **Fiber:** Promotes digestion and overall gut health.
  - **Electrolytes:** For hydration and maintaining energy levels.
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## Recommended Serving:

- **1 scoop** (approximately **30g**) per serving.
  - **Water:** Mix with **200-250ml** of water for a standard serving.
  - **Milk or Juice:** Optional. You can also mix it with your choice of milk (almond, soy, or dairy) or juice for a richer taste.
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## Preparation Instructions:

1. **Step 1: Measure the Mix**
  - Use the provided scoop to measure **1 scoop (30g)** of Health Drink Mix.
2. **Step 2: Add Liquid**
  - Pour **200-250ml** of cold water, milk, or juice into a shaker or blender.
3. **Step 3: Shake or Blend**
  - If using a shaker, secure the lid tightly and shake vigorously for **20-30 seconds** until the powder is fully dissolved.
  - If using a blender, blend on medium speed for **15-20 seconds** until smooth.
4. **Step 4: Serve**
  - Pour into a glass or bottle. You can chill it in the fridge for a refreshing cold drink, or enjoy it immediately.
5. **Step 5: Clean Equipment**

- Clean your shaker or blender immediately after use to prevent clumping of leftover powder.
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#### **Usage Recommendations:**

- **Daily Consumption:** For optimal benefits, we recommend consuming **1-2 servings per day** depending on your activity level.
  - **Best Time to Consume:** Morning, post-workout, or as a meal replacement.
  - **Storage:** Keep the Health Drink Mix in a cool, dry place. Ensure the lid is securely closed to avoid exposure to moisture.
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#### **Allergen Information:**

- Contains **milk** and **soy**. May also contain traces of **nuts** depending on the facility.
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#### **Precautions:**

- Consult a healthcare professional before use if you are pregnant, nursing, or have any pre-existing medical conditions.
- Keep out of reach of children.