

How to Prepare Immunocal

Before you begin, please note that Immunocal cannot be heated as heat destroys the cysteine bonds and renders the product ineffective. Do not put it into the blender.

Mixing with juice:

Add 1oz of your favorite juice to the shaker cup (most popular is orange juice followed by mango juice).

Shake the pouch of Immunocal so the powder settles to the bottom.

Tear the top of the Immunocal pouch off.

Add the powder to the shaker cup.

Seal and shake for 20 seconds in each hand, or until the powder is dissolved. It will have foam on top of the liquid.

Open the lid and you can either drink as is or leave for 10-15 minutes so foam can settle.

Mixing into a morning smoothie or protein shake:

Prepare your smoothie or protein shake as usual.

Pour the mixture into a container with a lid and add the pouch of Immunocal.

Shake vigorously and the lumps will dissolve into the mixture.

NOTE: Immunocal cannot be put in the blender as the heat destroys the cysteine bonds.

Mixing into yogurt:

You can mix the Immunocal into your yogurt. Please note that the yogurt consistency will change for approximately 1 minute, keep stirring and it will return to the normal consistency. The Immunocal does not change the flavor of the yogurt.