Early to Rise Customer Support

How much should I put of an ingredient in my shake?

Honey - 2020-02-07 - 6 Minutes to Skinny

In the 2 Minute Shake download, please take a look on page 3. It says:

Note: The amounts of each ingredient can be changed, start by using a handful and adjust as needed.

Also please take a look at the General Guidelines on page 4.