

# Early to Rise Customer Support

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

Stephanie H - 2020-02-20 - [Shakes](#)

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.