

Early to Rise Customer Support

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Shake FAQs

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

- 1) The workout is first, have the shake after the workout.
- 2) The shake is a breakfast substitute. You do not need to eat breakfast after the shake.
- 3) You do not have to use all of the different shakes. If there is one in particular you like better you can use that one.