

# Early to Rise Customer Support

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## **Would it be alright to continue drinking a different smoothie I already make in lieu of the smoothies that you have recommended in your schedule?**

Honey - 2020-02-07 - in [6 Minutes to Skinny](#)

To ensure you're getting the correct nutritional benefits, you need to use the shakes from the guide.

The "8-Week Guide" was scientifically and meticulously designed to give you maximum fat-loss results.

Plus, they are tasty!