

**Tips on making the fruit juice supplement:**

The fruit juice recipe is simple to make providing that the instructions are followed – i.e. gradually mix the ‘neat’ cordial into the egg white powder using a spoon, then when it is combined, gradually mix in the fruit juice. There is no taste of egg to this supplement. The recipe is not suitable to be made using a fork, whisk, shaker or blender – if any of these are used, due to the egg white content, it will become extremely frothy and therefore not very palatable. If the egg white powder is added to the liquid, or the liquid is mixed in too quickly, the powder will form clumps and will not mix into the liquid smoothly.