



Wellness and Productivity through **nutrition**  
is your most important **safety equipment**.



## Productivity and Safety concerns in the mining and industrial sectors

1. 50% of workers reporting for duty could have dangerously low blood sugar levels leading to fatigue, confusion and lack of co-ordination and the inability to carry the required workload safely.
2. Extreme heat/stress environments like underground and pit mining leads to loss of electrolytes and dehydration, a major factor in many incidents and accidents.
3. Management has to fulfill many legal requirements with regard to worker health and safety, this also includes the provision of adequate nutrition.
4. Typical live out workers are in the main unable to address their own nutritional well being, as a result of many contributing factors.
5. Live out workers generally consume High GI low nutrient refined carbohydrates and sugar based drinks, leading to health issues coupled to an inability to carry the workload consistently.

## Occupational Health and Safety through Nutrition

### Back to Basics offers a nutritional solution

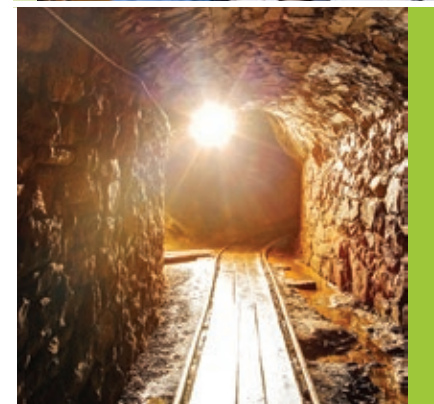
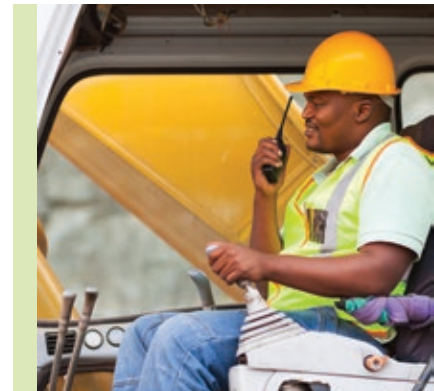
Back to Basics nutritional supplements are the result of 20 years research and service to the mining and industrial sectors. They are nutritionally balanced and have a tested and proven taste acceptance across all cultures. Our supplements are also convenient and easy to carry and consume on the job, encourage fluid intake and one product suits all!

*(Safe for all ages, healthy or suffering from an existing Lifestyle health condition, as well as being safe for gluten and lactose intolerant workers)*



## The Benefits

- By meeting the recommended nutritional requirements all workers are naturally more productive, healthier and motivated.
- Back to Basics Low GI supplements provide 4 to 5 hours of sustained energy release as against old supplements like Phuzamandla which provide only a one hour energy spike.
- Lifestyle diseases like obesity, diabetes, hypertension, HIV, TB and cancer are better controlled.
- Less absenteeism, less injury on duty, improved energy levels, concentration and improved morale.



## Back to Basics Nutritional Products

### The Low GI Advantage.

Back to Basics supplements offer the advantage of sustained energy release over a period of 4 to 5 hours. Traditional supplements are sugar based [High GI] only provide energy for approximately one hour, followed by a feeling of exhaustion and hunger.

With productivity the essential business requirement, the advantage provided by our Low GI supplements is critical.



## About Back to Basics Nutrition

Back to Basics fatigue management supplements have fed in excess of 10 million portions to mine and industrial workers in the last 8 years. With no negative effects reported. We continue to provide assurance of safety for all workers and high productivity levels through nutrition.

Ensure good health and productivity with the provision of correct and appropriate **daily nutrition**. Easily done with our **Fatigue management nutritional packs**.

Back to Basics Nutrition has a 26% black shareholding

Back to Basics Nutrition has a **SABS HACCP CERTIFICATE**



## Fatigue Management Nutritional Packs

Low GI Nutritional Supplements Tested and Proven in the Workplace – Helping Fight Fatigue. Our supplements are also convenient and easy to carry and consume on the job, encourage fluid intake and one product suits all!

### The Low GI Energy Drink

The energy drink is designed to complement the pre-shift milkshake by ensuring provision of sustainable energy for the worker for the rest of the workday. The Energy drink taken 3-4 hours after the Low GI milkshake, and again 3-4 hours later ensures sustained energy levels and with our added electrolytes, prevents dehydration ensuring total focus throughout the shift.

### The Low GI Milkshake

#### A pre-shift supplement

Recent research revealed more than 50% of the workforce arrive on the job in a hypoglycaemic state. Providing the Low GI Supa Shake pre-shift stabilises blood sugar levels, provides sustainable energy and puts the worker in a position to carry the required workload safely and effectively for 4 to 5 hours.



Back to Basics Nutrition work together with clients Risk Assessment personnel, our own Food Scientist and are supported by Dieticians in formulating Low GI sustainable energy and health building solutions.

We believe this has made a contribution to mining safety and increased productivity in the South African mining and industrial sectors.





## **Proven in the Workplace**

15 million sachets issued by majors in mining and industry over the period 2010 - 2017 with no health issues.

## **Knowledge gained in the Workplace**

- Low GI being a foundation pre-requisite on which ideally everything else is built in terms of human Dietetic principles.
- Cultural taste preferences
- Eating habits at home and in the workplace
- Nutritional short comings of worker diets as related to health and productivity, amongst both the healthy and those suffering Lifestyle diseases
- Energy expenditure required in the workplace by different work groups.
- Hydration levels in all circumstances, above ground, pit/strip mining underground mining as well as in heat intensive operations.

## **Research Validates Product Claims**

- Current and on-going independent research in mining and industry validates Back to Basics - Nutrition product claims.
- 2012 Anglo American research led to the products development, since sophisticated to suite mining, industry and legislative requirements by Dieticians and Food Scientist.

## **Values are the most important partnering requirements**

- SABS HACCP Certification of our factory facilities.
- Compliance with legislative requirements
- Compliance with the Mining Charter 26% paid up black shareholding and social involvement.
- Committed to progression of procurement from HDSA companies, whilst having already achieved minimum targets, resulting in client benefits accruing in their own companies.

## **SALES AND MARKETING HOTLINE**

Share our knowledge, nutrition research and fatigue management expertise.

Secure a presentation to upgrade your Fatigue Management Code of Practice and procure affordable, increased health and safety for your workforce with increased productivity for the company.

**PHONE US: 083 554 9193**