Back to Basics Nutrition
Full-Shift Fatigue Pack

Proven in the workplace, validated by research 2012/17

• 15 million incidents free, Full-Shift Fatigue packs issued to major mines workforces 2012/17.

• No Flavour Fatigue reported, because of variety and pre-issue testing for worker acceptability/preferences.

• Dry powder in sealed sachets to prevent contamination, to which water is added, ensuring minimum 2L consumption by each worker daily to comply with legislation.

• Electrolyte content complying with WHO recommendations preventing dehydration, and ensuring concentration levels are maintained throughout the shift, preventing expensive incidents and improving safety.

• High Vitamin C content to assist in body temperature control in hot and cold conditions, plus boost the immune system reducing severity of common colds and flu, and other illnesses promoting rapid healing of cuts and bruises complying with Chamber recommendations.

A minimum of 2L of clean drinkable water must be provided for each worker daily by law.

Regulation on water availability R904 2nd July 2002 of Act no# 29 of 1996

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• **Low GI Nutrition Fatigue Packs** to ensure sustainable energy throughout the shift, and after shift re-habitation, for better performance shift after shift.

• **Protein, Carbohydrates, Fats, Vitamins and Minerals and Electrolytes**, to boost the workers nutritional status, enabling better performance, productivity, health and safety throughout the shift, day after day.

• **Designed to fit the shift** – 8 hour or 12 hour variants. Low Gi ensures suitability for most including diabetics

• Obese workers lose weight and gain muscle, because they feel full and eat less skaf, under weight workers build muscle – a “win- win situation over time”.

**Nutritional Fatigue Packs to Suit all shifts or emergency situations**

**8 HOUR FATIGUE PACK**

• **Absenteeism levels reduced**, ensuring “more hands on deck more often” with important cost reduction implications, making the Back to Basics Nutrition Fatigue Packs affordable and the ideal solution helping ensure better productivity.

• **Fatigue Packs** can be tailored to fit in with current contracted nutritional issues.

All claims of efficacy validated by research 2016/2017, in majors in the cement, steel and public service areas. Results available in requested confidential presentation.

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New regimen of nutritional supplements as agreed with The Unions

Nutritional Supplements

Low GI Lifestyle Nutrition Milkshake and Supa-aide Sports drinks supplements shall be provided to all shift and standby employees as well as employees who are suffering from a chronic illness. Also including sections where vehicle safety forms part of the top 5 risks.

The low GI Lifestyle Nutrition Milkshake is a meal replacement and not an energy drink. Employees must make sure they understand the purpose and usage instructions of this supplement.

It is recommended that 12-hour shift working employees who start shift at 08:00 use the supplements as follow:

<table>
<thead>
<tr>
<th>DAY SHIFT</th>
<th>NIGHT SHIFT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6h00-7h00 Breakfast/Low GI Milkshake</td>
<td>18h00-19h00 Meal/Low GI Milkshake</td>
</tr>
<tr>
<td>09H00 Low GI Supa Aide Sports Drink</td>
<td>21h00 Low GI Supa Aide Sports Drink</td>
</tr>
<tr>
<td>(Supplement Lifestyle Nutrition)</td>
<td>23h00 Low GI Milkshake (Supplement Lifestyle Nutrition)</td>
</tr>
<tr>
<td>12H00 Meal from “scalfin” section</td>
<td>03h00 Low GI Supa Aide Sports Drink</td>
</tr>
<tr>
<td>15H00 Low GI Supa Aide Sports Drink</td>
<td>06h00 Meal/Low GI Milkshake (Supplement Lifestyle Nutrition)</td>
</tr>
<tr>
<td>(Supplement Lifestyle Nutrition)</td>
<td></td>
</tr>
<tr>
<td>19h00 Meal/Low GI Milkshake</td>
<td></td>
</tr>
</tbody>
</table>

Supervisors must make sure that employees take the correct supplement pack for day and night shift. Flasks and shakers must be issued to the employees and must be tracked on the PPE register.

Thermal flasks must be issued to employees who don’t have readily access to drinking water during a Shift. Shakers must be issued to all employees who make use of the nutritional supplements to ensure mixing according to manufacturer instructions.

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