



Wellness and Productivity
through nutrition is your most
important **Safety Equipment.**



**BACK TO
BASICS**
nutrition

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 work load consistently.



Occupational Health and Safety through Nutrition

Back to Basics offers a nutritional solution

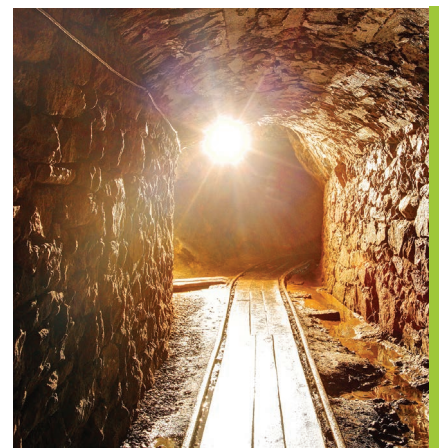
Back to Basics nutritional supplements are the result of 20 years research and service to the mining and industrial sectors. They are nutritionally balanced and have a tested and proven taste acceptance across all cultures. Our supplements are also convenient and easy to carry and consume on the job, 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.
- Other benefits like less absenteeism, less injury on duty, improved energy levels 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 that are sugar based [High GI] and which provide energy for approximately only one hour, followed by a feeling of exhaustion and hunger. With productivity the essential business requirement, the advantage provided by Back to Basics 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.

An essential component of ensuring good health and productivity is the provision of correct and appropriate daily nutrition.



The Low GI Energy Drink

A pre-shift supplement

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.

Constituents include Carbohydrate, sucrose, vitamins, minerals and electrolytes in a delicious Low GI format that encourages fluid intake and provides 4 to 5 hours of sustainable energy. It is recommended that a mid-shift drink be utilised every 3 to 4 hours depending on the length of the shift.

The Low GI Milkshake

A pre-shift supplement

Ideally the Low GI Milkshake is provided pre-shift as recent research revealed more than 50% of the workforce arrive on the job in a hypoglycaemic state. Because of the milkshake ingredients [protein, carbohydrates, fats, vitamins and minerals, fibre and electrolytes], the pre-shift dose stabilises blood sugar levels, provides sustainable energy and puts the worker in a position to carry the required workload for 4 to 5 hours.



Back to Basics Nutrition work together with clients Risk Assessment personnel, our own Food Scientist and are supported by Dietitians 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.

Back to Basics Nutrition has a LEVEL 2 B-BBEE CERTIFICATION with a 26% black shareholding

Back to Basics Nutrition has a SABS HACCP CERTIFICATE



www.backtobasics-nutrition.com



MARKETING AND SALES TEAM



NATIONAL SALES MANAGER
Sue Scharf – 082 593 0276
Registered Dietitian (SA)
sue@backtobasics-nutrition.com

HEAD OFFICE

Telephone: 011 472 1922 / 2028
Email: info@backtobasics-nutrition.com
Head Office: 1153 Eitemal Avenue,
Florida Extension 11,
Roodepoort, 1709

Sales Manager
Marc Scholl – 083-3060372
marc@backtobasics-nutrition.com

Regional Manager Northern Cape
Rudolf Agenbag – 083-5242177
rudolf@backtobasics-nutrition.com

Regional Manager Western Cape
Derik Agenbag – 072-1908199
derik@backtobasics-nutrition.com

Kathu Depot Sales Administrator
Ella Steenkamp – 053-7231671
ella@backtobasics-nutrition.com

Roodepoort H/O Telesales
Nkgadi Mothoagae – 011-472-1922
Nkgadi@backtobasics-nutrition.com

CONTACT OUR DIRECTORS



Zuzifa Buthelezi
Marketing Director
Mobile: 082 776 6709
zuzifa@backtobasics-nutrition.com



Robin Larmuth
QA and Development Director
robin@backtobasics-nutrition.com



Andrew Stafford
Managing Director
andrew@backtobasics-nutrition.com



David Bailie
Technical Sales Director
Mobile: 082 552 4508
david@backtobasics-nutrition.com