

HIGH PROTEIN SUPA SHAKE

HIGH PROTEIN MEAL ON THE GO

Single Serving Sachets: 50g dissolves easily into 300ml water

PRODUCT ADVANTAGES:

- ✓ Time-saving, filling and delicious meal replacement drink
- ✓ High in Protein
- ✓ Low GI
- ✓ High in Fibre
- ✓ 82% NRV of all vitamins and minerals (except calcium)
- ✓ Gluten and Lactose Free

3 DELICIOUS FLAVOURS:

- Strawberry
- Banana
- Vanilla



INGREDIENTS:

Isolated soya protein, vegetable fat powder (maltodextrin, glucose, non-hydrogenated vegetable fat (palm fruit), sodium caseinate, stabilizers (E340b and E450b), emulsifiers (E481), colourants (Beta-carotene and Riboflavin)), sucrose, soluble corn starch natural flavours and colourants, sodium chloride, xanthan gum, vitamin and mineral premix, bicarbonate of soda, potassium chloride, ascorbic acid, tricalcium phosphate.

ALLERGENS: Soy, Cow's milk protein

Typical Nutrition Information	Single Serving 50g	% NRV
Energy (kCal)	173	
Energy (KJ)	750kJ	
Protein (g)	18	32
Total Fat (g)	5	
Of which SFA (g)	2.11	
Of which MUFA (g)	1.11	
Of which PUFA (g)	0.33	
Trans Fatty Acids (g)	0	
Total Carbohydrate (g)	17.3	
Of which sugar (g)	8.6	
Dietary Fibre (g)	4	
Total Sodium (mg)	264	
Vitamin C (mg)	181	181
Vitamins (all)		82
Minerals (all except Calcium)		82

Use under supervision of your Registered Dietician or Health Care Provider

INDICATIONS FOR USE:

- ✓ Balanced meal replacement
- ✓ Diabetes Type 2 (remove Type 1)
- ✓ Insulin Resistance
- ✓ Metabolic Syndrome
- ✓ Rapid weight loss on a supervised Very Low Calorie Diet
- ✓ Teen meal supplement for rapid growth spurts
- ✓ Post Workout drink for optimal recovery
- ✓ Endurance training / sport
- ✓ Kidney patients on dialysis

HEALTH ADVANTAGES:

- ✓ Improves satiety and reduces appetite
- ✓ Sustains blood glucose levels for 3-4 hours
- ✓ Safe for diabetics
- ✓ Provides adequate protein to prevent muscle wasting on a VLCD
- ✓ Source of fibre is ideal for good colon health
- ✓ Cardio-protective (fibre source has proven cholesterol-lowering properties; 82% NRV for all antioxidants)
- ✓ Immune system booster
- ✓ Adequate protein for muscle recovery in sport
- ✓ Safe for use in pregnancy (unless there is underlying kidney damage)

NOTE: Contra-indicated in Chronic Kidney Disease stages 2-4 (suitable for kidney patients on dialysis)

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