



PREMIUM FATIGUE PACK



Fatigue can significantly affect an individual's capacity to function. It's side effects include decreased performance and productivity, and increased potential for errors of judgement and injuries to occur

DO YOU EVER HAVE ANY OF THESE SYMPTOMS:

Low energy levels, tiredness, lethargy, getting sick often, struggle with concentrating, irritable, sad, and struggling to keep awake and focused in the second half of the day/shift.

With our rushed lifestyle and unhealthy or unstructured diet it's common to feel fatigued. Back to Basics Nutrition have developed healthy nutritious drinks and bars to combat fatigue.



A PREMIUM FATIGUE PACK LOOKS LIKE THIS

1 x Supa Shake + 4 x Supa Energy + 1 x Protein Bar



- Designed to sustain energy for a full 10-12 hour shift
- 5 delicious drinks: when reconstituted = 2l fluid
- 11 different shake and drink flavours: proven acceptability
- 1 filling Protein Bar.

WHAT IS IN THEM THAT MAKES OUR FATIGUE PACKS GOOD FOR YOU?

LOW GI: giving you ENERGY ALL DAY / SHIFT

PROTEIN: for muscle building and repair

22 VITAMINS & MINERALS: for GOOD HEALTH

GIVING YOU LOTS OF VITAMIN C: To boost immune systems and prevent heat stress

FIBRE: for good colon health AND heart health

Use your Premium Fatigue Pack throughout your shift : **PREVENT FATIGUE & STAY HYDRATED**

FLUID & ELECTROLYTES PREVENTS DEHYDRATION

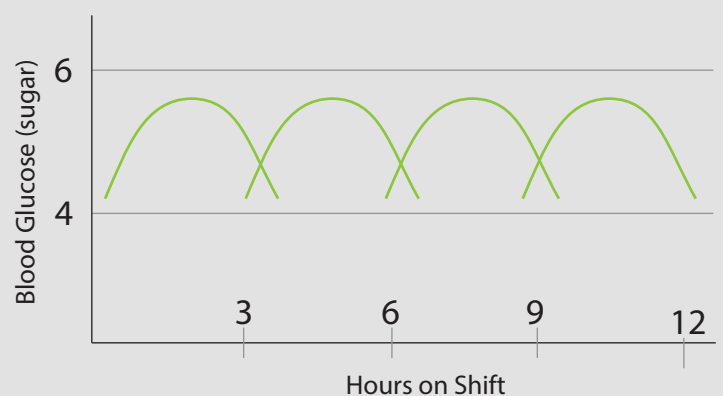
- A properly **HYDRATED** person is a wide-awake person, who can concentrate better and is less at risk for injury-on-duty
- **ELECTROLYTES** help you manage your body temperature and prevent you from getting fatigued from heat stress.

TAKE YOUR PREMIUM FATIGUE PACK AS FOLLOWS

At the start of your day / shift	1 sachet Low GI Supa Shake mixed with 300ml water
2-3 hours later	1 sachet Low GI Supa Energy Drink mixed with 400ml water
Mid-Shift	1 sachet Low GI Supa Energy Drink mixed with 400ml water PLUS 1 Protein Bar
2-3 hours later	1 sachet Low GI Supa Energy Drink mixed with 400ml water
3 hours later	1 sachet Low GI Supa Energy Drink mixed with 400ml water



SUPA SHAKE, SUPA ENERGY DRINK and a **PROTEIN BAR** will sustain your energy by keeping your blood sugar levels stable ALL DAY / SHIFT.



CONTACT US:

for a presentation by one of our Dietitians, a quotation, or more information for your Fatigue Management Solutions

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