

STANDARD

FATIGUE PACK



Fatigue can significantly affect an individual's capacity to function. Its 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.

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

A STANDARD FATIGUE PACK LOOKS LIKE THIS

2 x Supa Shake + 2 x Supa Energy



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

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.

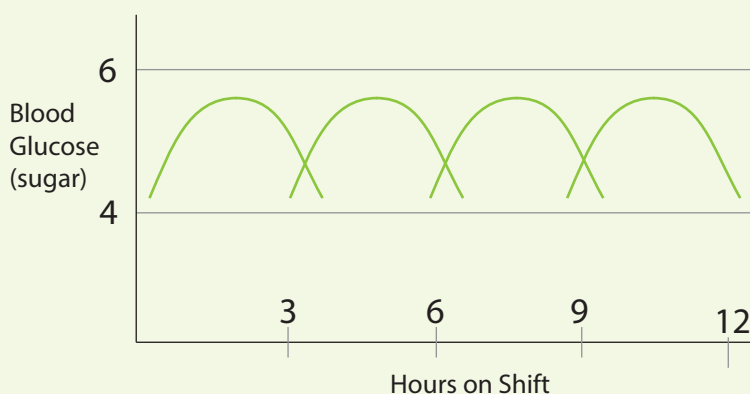
Use your Standard Fatigue Pack throughout your shift : **PREVENT FATIGUE & STAY HYDRATED**

TAKE YOUR STANDARD 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 Shake mixed with 300ml water
2-3 hours later	1 sachet Low GI Supa Energy Drink mixed with 400ml water



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



CONTACT US:

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

HEAD OFFICE

JOHANNESBURG

Telephone: 011 472 1922 | Fax: 011 472 2008

Email: info@backtobasics-nutrition.com / sue@backtobasics-nutrition.com

1153 Eiternal Avenue, Florida, Extension 11, Roodepoort, 1709, South Africa