



STANDARD HYDRATION 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 STANDARD HYDRATION PACK LOOKS LIKE THIS

1 x Supa Shake + 4 x Supa Energy



X1



X4



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

- Designed to sustain energy and provide adequate hydration for a 10 - 12 hour shift
- 5 delicious drinks: when reconstituted = 2 Litres Fluid.
- 11 different shake and drink flavours proven acceptability.

WHAT IS IN THEM THAT MAKES OUR HYDRATION 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 Standard Hydration Pack throughout your shift : **PREVENT FATIGUE AND 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.

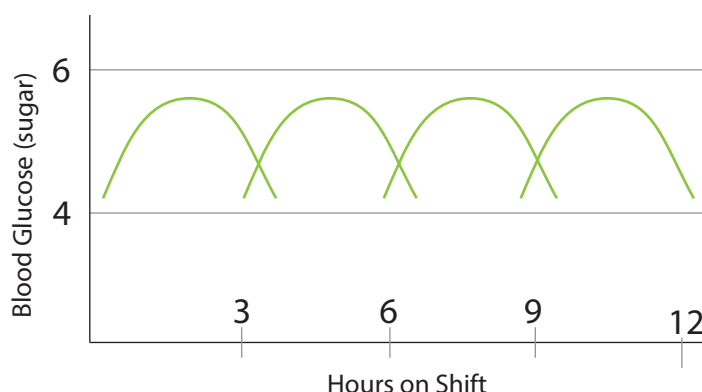
ELECTROLYTES help you manage your body temperature and prevent you from getting fatigued from heatstress

TAKE YOUR STANDARD HYDRATION 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
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 AND THE SUPA ENERGY DRINK will hydrate and 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

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