



The fuel you put in dictates performance

SUPA ENERGY DRINK : 23g serving

Product description	Low GI, electrolyte-enriched energy drink, provided in single-serve sachets, in a wide variety of flavours
Ingredients	Sucrose, Dietary Fibre (soluble corn fibre), Dextrose, Citric Acid, Drying Agent, Sodium Chloride, Potassium Chloride, Ascorbic Acid, Sodium Citrate, Vitamin and Mineral Premix, Natural Flavours and Colourants
Allergens	Made in a factory that may contain nuts
Flavours available	Orange Blue Ice Crème Soda Tutti Frutti Ginger Beer Mango
Instructions for use	Pour 400ml safe clean water into a shaker. Add the 23g serving of powder. Shake well
Product advantages	✓ PREVENTS DEHYDRATION ✓ Low GI (3-4 hours of energy) ✓ Stimulant-free ✓ 17% NRV of all vitamins and minerals (except calcium). ✓ A minimum of 2 servings/shift is recommended (providing >30% NRV) * - Rich in Vitamin C to prevent HEAT STRESS, and BOOST IMMUNE SYSTEMS ✓ 2.6g fibre per serving (equivalent fibre as in 1 small fruit) ✓ ELECTROLYTES: Sodium, potassium and chloride have been added to support HYDRATION. (electrolytes facilitate uptake of water by the body's cells) ✓ Lactose-free
Indications for use	Use a minimum of 2 x Supa Energy Drink servings mid-shift to ensure stable blood glucose (sugar) levels throughout the entire shift. * It is recommended that these drinks be used as part of a Full Shift Fatigue Pack (2-4 Supa Energy Drinks plus 2 x Supa Shakes) providing >100%NRV for all essential micronutrients except calcium.
Storage instructions	Store in a cool dry place

SUPA ENERGY DRINK

23g serving



Typical Nutritional Information

NUTRIENT	UNIT	23g	%NRV
Energy	kJ	320	
Energy	kCal	74	
Protein	g	0	
Carbohydrate	g	19	
Of which Sugar	g	18	
Total Fat	g	0	
Of which SFA	g	0	
Of which PUFA	g	0	
Of which MUFA	g	0	
Trans fats	g	0	
Fibre	g	2	
Sodium	mg	112	
Vitamin A	re mcg	155	17
Vitamin B1	mg	0.21	18
Vitamin B2	mg	0.22	17
Vitamin B3	mg	2.8	18
Vitamin B5	mg	0.86	17
Vitamin B6	mg	0.292	17
Vitamin B9	mcg	68.7	17
Vitamin B12	mcg	0.4	17
Vitamin C	mg	63	63
Vitamin D	mcg	2.58	17
Vitamin E	mg	2.58	17
Vitamin H	mcg	5.2	17
Calcium	mg	0.07	0.01
Chromium	mcg	6	17
Copper	mg	0.16	18
Iodine	mcg	26	17
Iron	mg	3.1	17
Magnesium	mg	0	0
Molybdenum	mcg	8	18
Phosphorous	mg	0	0
Selenium	mcg	9	16
Zinc	mg	1.89	17
Manganese	mg	0.4	17
Sodium	mg	112	
Potassium	mg	31	
Chloride	mg	138.46	



Endorsed by the
GI Foundation SA



Diabetes
South Africa

THE LOW GI ENERGY DRINK

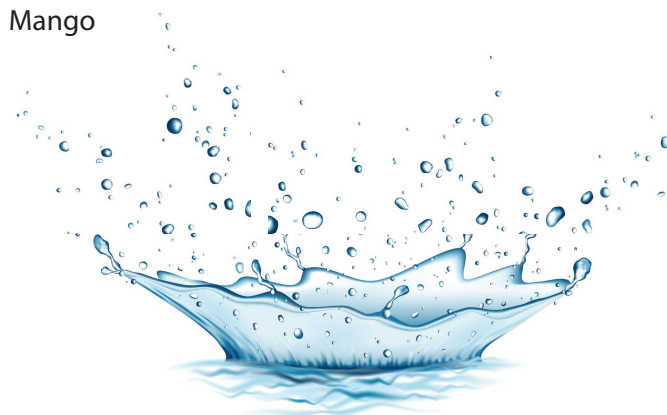
A Mid-Shift Electrolyte Supplement

The Supa energy drink is designed to complement the pre – shift Supa Shake. It provides sustained energy for the rest of the shift.

Ingredients include a low GI source of carbohydrate, fibre, vitamins, minerals and electrolytes. The drinks are available in several delicious flavours, encouraging fluid intake and providing 4 to 5 hours of sustainable energy.

FLAVOURS

Blue Ice, Orange, Crème Soda, Tutti Frutti, Ginger Beer, Mango



CONTACT US:

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

HEAD OFFICE

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