



THE LOW GI ENERGY DRINK

ELECTROLYTE-ENRICHED

HEALTHIER YOU. HAPPIER YOU.

GET BACK TO BASICS

The Supa Energy Drink is a delicious and refreshing supplement with electrolytes.

- ✓ Low GI (3-4 hours of energy)
- ✓ Stimulant-free
- ✓ Approximately HALF the calories of a typical fizzy cold drink/soda
- ✓ Rich in VITAMIN C
- ✓ High in Fibre (the same fibre as in 1 apple)
- ✓ Naturally Gluten and Lactose free
- ✓ Vitamin and mineral enriched (35% NRV)
- ✓ Electrolytes: Sodium, Potassium and Chloride have been added to the drink to support HYDRATION in the body. Electrolytes are dissolved in body fluids and are essential for normal body function. They are responsible for:
 - a) directing water (and nutrients) to the areas of the body where it is needed most.
 - b) maintaining optimal fluid balance inside the cells
 - c) help our muscles to contract, relax and assist in the transmission of nerve impulses from the nervous system to different body parts.
- ✓ Suitable for all ages from 5 years upwards
- ✓ Use as a snack for ANY time of the day!



The **Supa Energy** drink has HALF the calories of a typical fizzy cold drink / soda / energy drink and yet packs a boost when you need it.



= 310kJ / 74Cal



= 580kJ / 140kCal



**BACK TO
BASICS**
nutrition

FLAVOURS

Orange, Blue ice, Crème Soda, Tutti Frutti

Optimise your day's energy levels with *Supa Energy Drinks*

WHO WILL BENEFIT?

Optimise your day's energy levels with only one sachet of Supa Energy Drink

LIFESTYLE BOOSTER ON-THE-GO

- Supplementary drink as part of a school/work/lunchbox
- Before or during school sport
- Fussy eaters
- Teen meal supplement for rapid growth spurts
- Office meetings, and business men and women on-the-road.
- Feel a cold coming on? Have one serving twice a day

EXERCISE AND TRAINING:

- Pre and during training/workout/school sport = improved performance

ILLNESS:

- Loss of appetite
- Post-cancer treatment
- Nausea, vomiting, diarrhea

COLON ISSUES:

Rich in soluble fibre, Gluten free and lactose free,
Ideal for treatment and prevention of:

- IBS (spastic colon)
- Constipation and / or diarrhoea
- Food intolerances
- Coeliac disease
- Inflammatory bowel disease

ALSO:

- School feeding programs.

NOTE:

Maximum one serving/day for pre-school children.
When combined with a sachet of Supa Shake per day, provides 100% NRV for all vitamins and minerals except calcium and magnesium

READ THE LABEL

TYPICAL NUTRITIONAL INFORMATION	SUPA ENERGY Per 23g serving
Energy (kCal)	73
Energy (kJ)	321
Protein (g)	0
Carbohydrate (g)	19
Of which total sugar (g)	18
Total Fat (g)	0
Cholesterol (mg)	0
Dietary fibre (g)	2
Total Sodium (mg)	112
Vitamin C (mg)	81
Electrolytes	
Vitamins	35% NRV
Minerals	35% NRV

Allergens:

Manufactured in a factory that may contain nuts, soybean and cow's milk products

Store in a cool dry place.

Single-serve sachets:

23g dissolves easily into 400ml water
(keep in your lunchbox / office / car)

www.backtobasics-nutrition.co.za



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