

MINING AND INDUSTRY

PRODUCT INFORMATION: BLUE RANGE



The fuel you put in dictates performance

SUPA SHAKE : 50g serving

Product description	Low GI “meal on the go” nutritionally-balanced drink, provided in single-serve sachets, in a wide variety of flavours		
Ingredients	Vegetable fat powder (palm fruit oil, maltodextrin, caseinate, E340b, E450b, E481), Dextrose, Soy Protein Isolate, Sucrose, Dietary Fibre (soluble corn fibre), Pregelatinized Starch, Xanthan Gum, Sodium Chloride, Vitamin and Mineral Premix, Sodium Cyclamate, Acesulfame K, Bicarbonate of soda, Potassium Chloride, Ascorbic Acid, Drying Agent, TriCalcium Phosphate, Natural flavourings and colouring		
Allergens	Soy Cow's Milk Protein (Casein) Made in a factory that may contain nuts		
Flavours available	Vanilla Choc Banana	Strawberry Phuzamandla	Chocolate
Instructions for use	Pour 300ml safe clean water into a shaker. Add the 50g serving of powder. Shake well		
Product advantages	✓ Low GI (3-4 hours of sustained energy) ✓ Balanced meal replacement ✓ Pre-, during- and post-shift drink (improved concentration, safety, performance, health, morale, recovery and productivity; reduces absenteeism) ✓ 40% NRV of all vitamins and minerals (except calcium) PER serving. ✓ A minimum of 2 servings PER shift is recommended, providing >82% NRV of these essential micro-nutrients ✓ 5g fibre per serving (equivalent fibre as in 2 small fruits) ✓ Good quality protein ✓ Naturally gluten-free AND Lactose-free ✓ Suitable for all including diabetics ✓ Product advantages, and health & energy benefits have been researched and proven in varying industrial settings (Research studies can be provided on request)		
Indications for use	Use Supa Shake at regular intervals (3 hourly) to ensure stable blood glucose (sugar) levels and thus stable energy and concentration levels throughout the ENTIRE shift. Ideally use as part of a Full Shift Fatigue Pack (1-2 Supa Shakes + 2-4 Supa Energy Drinks)		
Storage instructions	Store in a cool dry place		

SUPA SHAKE

50g serving

Typical Nutritional Information

NUTRIENT	UNIT	50g	%NRV
Energy	kJ	779	
Energy	kCal	181	
Protein	g	7	12.5
Carbohydrate	g	30	
Of which Sugar	g	6	
Total Fat	g	5.1	
Of which SFA	g	2.19	
Of which PUFA	g	0.34	
Of which MUFA	g	1.16	
Trans fats	g	0	
Fibre	g	3.2	
Sodium	mg	264	
Vitamin A	RE mcg	362	40
Vitamin B1	mg	0.48	40
Vitamin B2	mg	0.52	40
Vitamin B3	mg	6.5	41
Vitamin B5	mg	2.01	40
Vitamin B6	mg	0.684	40
Vitamin B9	mcg	160.9	40
Vitamin B12	mcg	1	42
Vitamin C	mg	140	140
Vitamin D	mcg	6.05	40
Vitamin E	mg	6.03	40
Vitamin H	mcg	12.1	40
Calcium	mg	0.13	0.01
Chromium	mcg	14	40
Copper	mg	0.36	40
Iodine	mcg	61	41
Iron	mg	7.25	40
Magnesium	mg	0.01	0
Molybdenum	mcg	18	40
Phosphorous	mg	0.01	0
Selenium	mcg	22	40
Zinc	mg	4.43	40
Manganese	mg	0.93	40
Sodium	mg	264	
Potassium	mg	66.47	
Chloride	mg	252.55	



THE LOW GI SHAKE

A Pre and Mid Shift Supplement

Ideally the Low GI Shake should be provided pre and mid shift, when taking into account recent research demonstrating upwards of 50% of the workforce are arriving on the job in a hypoglycaemics state.

Because of the Shake ingredients [protein, low GI carbohydrate, fats, vitamins and minerals, fibre and electrolytes], the pre-shift serving stabilises blood sugar levels, provides sustainable energy and puts the worker in a position to carry the required workload for 4 to 5 hours.

FLAVOURS

Banana, Strawberry, Chocolate, Vanilla-Choc, Phuzamandla



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 | Sue Scharf: 082 593 0276

Email: Info@backtobasics-nutrition.com | sue@backtobasics-nutrition.com

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

www.backtobasics-nutrition.com