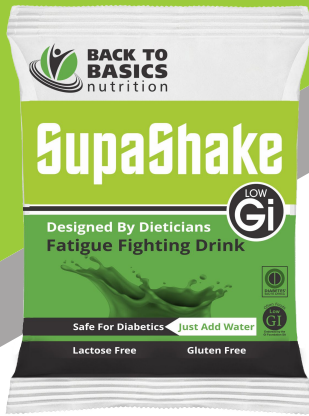




**Supa  
Shake**

# FATIGUE FIGHTING DRINK

## HEALTHIER YOU. HAPPIER YOU. GET BACK TO BASICS.

With added fibre, protein, vitamins and minerals. Gluten, lactose and tartrazine-free for a healthy and nutritious drink that replaces a meal where time does not permit

- ✓ Low GI (3-4 hours of energy)
- ✓ Balanced meal replacement
- ✓ Pre or post workout drink  
(improved performance and recovery)
- ✓ Vitamin and mineral enriched (82% NRV)
- ✓ High in Fibre (the same fibre as in 1 large fruit)
- ✓ Good quality protein
- ✓ Naturally gluten-free
- ✓ Lactose free
- ✓ Suitable for all ages from 5 years upwards
- ✓ Immune booster
- ✓ Suitable for diabetics and in pregnancy



**Single-serve sachets:**  
50g dissolves easily into 300ml water  
(keep in your lunchbox / office / car)

### FLAVOURS

Banana, Strawberry, Mocha Java,  
Vanilla-Choc



## A Pre-workout / school sport supplement

Optimum nutrition for those needing the energy to go "the extra mile".

Back To Basics-Nutrition is here to bridge the gap with nutrient-dense, energy-sustaining supplements.

Use 30-60min pre-workout / school sport for improved performance.



Optimise your day's energy levels with **SupaShake** and benefit your **HEALTH AND PRODUCTIVITY!**



# WHO WILL BENEFIT?

## LIFESTYLE BOOSTER ON-THE-GO

- Time-saving meal replacement from 5 years old
- Before or during school sport
- Fussy eaters
- Teen meal supplement rapid growth spurts
- Office meetings, and business men and women on-the-road.
- Cardio-protective (cholesterol lowering properties PLUS antioxidants)
- ADHD support

## EXERCISE AND TRAINING:

- Pre-training/workout = improved performance
- Post workout (>90min) = maximises recovery

## ILLNESS:

- Loss of appetite
- Burns patients
- TB
- Post-operation
- Post-cancer treatment
- HIV/AIDS

## COLON ISSUES:

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

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

## ALSO:

- Use as part of a diet for gluten and/ or lactose intolerance
- School feeding programs.

## NOTE:

A sachet Supa Shake combined with a sachet Supa Energy Drink per day will provide 100% NRV for all vitamins and minerals except calcium and magnesium.

## READ THE LABEL

| TYPICAL NUTRITIONAL INFORMATION | SUPA SHAKE<br>Per 50g serving |
|---------------------------------|-------------------------------|
| Energy (kCal)                   | 181                           |
| Energy (kJ)                     | 777                           |
| Protein (g)                     | 7                             |
| Carbohydrate (g)                | 30                            |
| Of which total sugar (g)        | 7.4                           |
| Total Fat (g)                   | 5.1                           |
| Of which Saturated fat (g)      | 2.18                          |
| Of which trans fat (g)          | 0                             |
| Of which MUFA (g)               | 1.15                          |
| Of which PUFA (g)               | 0.31                          |
| Cholesterol (mg)                | 0                             |
| Dietary fibre (g)               | 3.2                           |
| Total Sodium (mg)               | 264                           |
| Vitamin C (mg)                  | 181                           |
| Vitamins                        | 82% NRV                       |
| Minerals                        | 82% NRV                       |

**Allergens:** SOY, COW'S MILK PROTEIN  
Manufactured in a factory that may contain nuts.

Store in a cool dry place.

[www.backtobasics-nutrition.co.za](http://www.backtobasics-nutrition.co.za)



Telephone: 011 472 1922 | Joani Britz: 082 576 4484

Email: [Info@backtobasics-nutrition.com](mailto:Info@backtobasics-nutrition.com) | [Joani@backtobasics-nutrition.com](mailto:Joani@backtobasics-nutrition.com)

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