



GOLD RANGE



Healthier you. Happier You. Get back to basics

SUPA SOUP : 50g serving

Product description	Low GI “meal on the go” nutritionally-balanced soup, provided in single-serve sachet.
Ingredients	Pregelatinized Starch, Vegetable fat powder (palm fruit oil, maltodextrin, caseinate, E340b, E450b, E481), Soy Protein Isolate, Sucrose, Dietary Fibre (Polydextrose), Chicken / beef flavour, Dextrose Monohydrate, Drying Agent, Vitamin and Mineral Premix
Allergens	Soy, Cow's Milk Protein (Casein)
Flavours available	Chicken Beef
Instructions for use	Pour 300ml luke warm water into a shaker, cup or bowl (NOT BOILING WATER) Add the 50g serving of powder. Mix 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) ✓ 72% NRV of all vitamins and minerals (except calcium) PER serving. ✓ 4g fibre per serving (equivalent fibre as in 2 small fruits) ✓ Good quality protein ✓ Naturally gluten-free AND Lactose-free ✓ Suitable for all including diabetics
Indications for use	Use Supa Soup at regular intervals (3 hourly) to ensure stable blood glucose (sugar) levels and thus stable energy and concentration levels
Storage instructions	Store in a cool dry place

SUPA SOUP

50g serving



Typical Nutritional Information

NUTRIENT	UNIT	50g	%NRV
Energy	kJ	730	
Energy	kCal	175	
Protein	g	8.7	16
Carbohydrate	g	27.5	
Of which Sugar	g	6	
Total Fat	g	4.6	
Of which SFA	g	1.78	
Of which PUFA	g	0.27	
Of which MUFA	g	0.93	
Trans fats	g	0	
Fibre	g	4	
Sodium	mg	769	
Vitamin A	re mcg	647	72
Vitamin B1	mg	0.86	72
Vitamin B2	mg	0.93	72
Vitamin B3	mg	11.5	72
Vitamin B5	mg	3.59	72
Vitamin B6	mg	1.222	72
Vitamin B9	mcg	287.4	72
Vitamin B12	mcg	1.7	71
Vitamin C	mg	72	72
Vitamin D	mcg	10.8	72
Vitamin E	mg	10.78	72
Vitamin H	mcg	21.6	72
Calcium	mg	12.35	1
Chromium	mcg	25	71
Copper	mg	0.65	72
Iodine	mcg	108	72
Iron	mg	12.93	72
Magnesium	mg	0	0
Molybdenum	mcg	32	71
Phosphorous	mg	65.4	5
Selenium	mcg	40	73
Zinc	mg	7.9	72
Manganese	mg	1.65	72
Sodium	mg	769	
Potassium	mg	0	
Chloride	mg	0	



THE LOW GI NUTRITIOUS SOUP

Keep warm – keep hydrated

The Supa Soup is a nutritious low GI protein - and vitamin-enriched, delicious warm savoury drink that sustains energy, prevents dehydration, and boosts immune systems.

Use Supa Soup at regular intervals (3 hourly) to ensure stable blood glucose (sugar) levels and thus stable energy and concentration levels

FLAVOURS

Chicken and Beef



CONTACT US:

For more information on this range, please visit our website or contact our sales team.

HEAD OFFICE

JOHANNESBURG

Telephone: 011 472 1922 | Joani Britz: 076 725 2174

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

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

www.backtobasics-nutrition.co.za