



**GOLD**



# Supa Energy Drink

ORDER ONLINE: [WWW.SUPANUTRITION.CO.ZA](http://WWW.SUPANUTRITION.CO.ZA)

## LOW GI-LITE ENERGY DRINK Lifestyle Booster



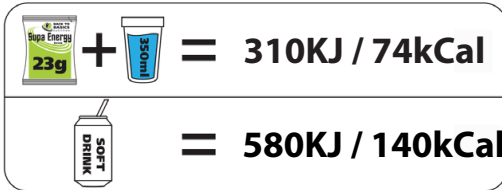
Single-serve sachets:

1 sachet + 400ml water = 1 Refreshing Drink

4 delicious, refreshing flavours:

**Blue Ice / Cream Soda / Ginger Beer / Orange**

- ✓ Low GI, offering up to 4 hours of sustained energy
- ✓ Stimulant-free, ideal for any time of the day
- ✓ Maintain hydration and replace Electrolytes
- ✓ Gluten and Lactose Free
- ✓ Rich in Minerals and Vitamin C to boost immune system
- ✓ 2.5g of Fibre per serving, equivalent to 1 fruit
- ✓ Offers improved performance, pre-workout
- ✓ Faster recovery, post workout
- ✓ Approximately half the calories of a typical can of soda.



**Optimise your energy levels throughout the day, replacing electrolytes and ensuring adequate hydration levels.**

**ORDERS:** [supanutrition.com](http://supanutrition.com) | **QUERIES:** [info@supanutrition.com](mailto:info@supanutrition.com)

**DELIVERIES NATIONWIDE | CARELINE:** +27 76 716 7061

# Benefits of Supa Energy Drink



# BACK TO BASICS nutrition

## LIFESTYLE SUPPORT

- Supplementary drink as part of a school/work lunchbox.
- Low GI Supa Energy Drink supplements energy levels for young people taking part in sport.
- Ideal for teenagers experiencing growth-spurts.
- Ideal for business men and women on the go.

## EXERCISE AND TRAINING

- Available in sachet and 23g sachet.
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## RECOMMENDED BY DIETITIANS AS A NUTRITIONAL AID FOR:

- People suffering from loss of appetite, burn patients and those unable to eat.
- People suffering with digestive disorders:
  - IBS and IBD
  - Coeliac Disease
  - Constipation and Diarrhoea
  - Food Allergies



## INGREDIENTS

Sugar, Inulin, Permitted Flavours and Colourants, Citric Acid, Potassium Chloride, Sodium Chloride, Ascorbic Acid, Vitamins and Minerals.

## NOTE

- Maximum one serving/day for children under the age of 5.
- When Supa Energy Drink is consumed in conjunction with a sachet of Supa Shake, the combination provides 100% NRV for most vitamins and minerals.

TYPICAL NUTRITIONAL INFORMATION	Supa Energy GOLD 23g serving	%NRV
Energy (kCal)	76	-
Energy (kJ)	351	-
Protein (g)	-	-
Fat (g)	-	-
Of which Saturated Fat (g)	-	-
Cholesterol (mg)	-	-
Carbohydrate (g)	20.86	-
Of which total sugar (g)	17.4	-
Dietary Fibre (g)	3.4	-
Electrolytes:		
Cl - Chloride mg	27	-
K - Potassium mg	31	-
Na - Sodium mg	22	-
Minerals:		
Cr - Chromium mcg	12.2	35
Cu - Copper	0.32	35
I - Iodine mcg	52	35
Fe - Iron mg	6.3	35
Mn - Manganese mg	0.8	35
Mo - Molybdenum mcg	16	35
Zn - Zinc mg	3.84	35
Vitamins:		
Vitamin A RE mcg	314	35
Vitamin B1 Thiamine mg	0.42	35
Vitamin B2 Riboflavin mg	0.45	35
Vitamin B3 Nicotinic Acid mg	5.6	35
Vitamin B5 Pantothenic Acid mg	1.74	35
Vitamin B6 Pyridoxine mg	0.6	35
Vitamin B9 Folic Acid mcg	140	35
Vitamin B12 Cyanocobalamin mcg	0.8	35
Vitamin C mg	81	81
Vitamin D mcg	5.23	35
Vitamin E mg	5.23	35
Vitamin H Biotin mcg	10.5	35
Trace Elements:		
Se - Selenium mcg	19	35

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