

# on the Run

COMPLETE MEAL SOLUTION



"Optimum Nutrition. Optimum Life."



on the Run  
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Low GI protein powder w/ fiber balanced to support healthy blood sugar and provide a feeling of fullness between meals.

10g Protein

Sally T.

on the Run Sally T.  
COMPLETE MEAL SOLUTION

This pack contains 10 servings of 45g each.  
Each serving contains 100kcal, making **On The Run** the perfect meal time solution for dieters or those of us too busy to take lunch.  
**On The Run** balances your nutritional requirements while you juggle life, love and everything else.

Contents	Per 45g sachet	Per 100g	Directions to use
Total Energy	300 kcal	1110 kJ	10g powder with 250ml water and 100ml of any beverage. Shake to drink for 5-10 minutes and then drink and rest.
Protein	15.0g	50.0g	It is recommended that you drink an additional 500ml of water when it remains to be used.
Carbohydrates	12.5g	38.0g	
Total Fat	1.5g	5.0g	
Total Fibre - Soluble & insoluble	11.0g	24.4g	

**Ingredients**  
Calcium caseinate, sodium caseinate, w/ other vitamins, inulin, soluble and insoluble fibres, plant oil, polydextrose, sodium citrate, hydrolysed whey protein, sea salt, potassium & potassium, sodium acid, potassium phosphate, potassium, sodium citrate, sucralose and natural colour.



## 4x4 trip on the horizon ?

### Food logistics?

- Limited freezer space,
- Snacks for the car,
- Easy

### Needs to

- combat fatigue
- keep the brain sharp
- Prevent blood sugar dives

**On the Run is your answer**

**Delicious, quick and easy. Taste and try**



## **4x4 First Choice**

### **1. Super quick to mix!**

300ml of **water** + 1 **sachet** + **shake** = **drink** = **food**

### **1. A nutritional, scientifically balanced meal.**

### **2. A guarantee of energy and focus**

Stabilizes blood sugar levels.

### **3. Suitable for all age groups.**

### **4. Sold in boxes of 10 sachets or tubs of 500g.**

**Save time - try today!**



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Low GI, protein packed and fibre balanced to successfully balance blood sugar and provide a feeling of fullness between meals.

TEN  
10  
SERVINGS

- Chocolate
- Strawberry
- Vanilla

# On The Run

Sally T.

▲ The best high fibre, low kilojoule, nutritious shake on the market!

500kj's



900kj's

Protein and carbohydrate equivalent =



1 Boiled Egg



1 Slice Bacon



1/2 cup Baked beans

OR



2 Rashers of bacon



1 Slice toast



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**We are here to assist**