



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!



Saly T.

"Optimum Nutrition. Optimum Life."

on the Run
COMPLETE MEAL SOLUTION



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

TEN
10
SERVINGS

Chocolate	<input checked="" type="radio"/>
Strawberry	<input type="radio"/>
Vanilla	<input type="radio"/>

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