





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!



On The Run

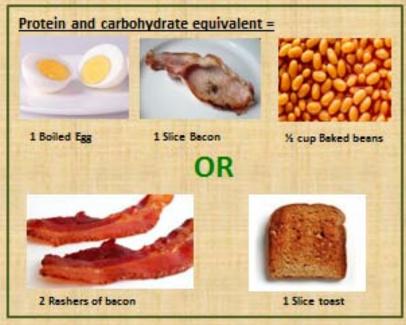




The best high fibre, low kilojoule, nutritious shake on the market!

500kj's





900kj's



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We are here to assist