



## ***M2 Body Fuel – an innovative formulation***

**VITAMIN B COMPLEX** – enabling the body to turn food into energy

**SELENIUM** – critical for production of the body's primary antioxidant found in every cell

**VITAMIN C** – for the growth and repair of tissues in the body, needed for healing, to repair and maintain strong bones and teeth, a much-needed antioxidant

**ELECTROLYTES** – to regulate nerve and muscle function, to maintain water and acid balance, preventing disorders from developing

**TAURINE** – a natural amino acid known as the longevity molecule

### **Where does the energy come from?**

Constant energy supply and the replenishing of electrolytes for people performing (sometimes) under extreme conditions is of much importance for performance. It is therefore imperative that energy levels must be kept at a constant level for a prolonged period. In the regular M2 Body Fuel 10g formulation the energy source is based on a Glucose 2% for immediate release, followed by Maltose 6%, then Maltotriose 9% and then a Polysaccharide of 86%. Whereas the Polysaccharide is a long chain energy source, the release is constant over a prolonged period in such a way that insulin spikes do not occur.

The diabetic formulation contains only 14 kJ with added Vitamin C to lower sorbitol levels and Chromium ACC that may improve insulin sensitivity. The non-nutritive sweetener that is used contains zero calories and has no effect on blood sugar levels.

### **Flavours**

- Orange
- Fruit Punch
- Berry
- Naartjie
- Diabetic orange (diabetic formulation)

### **Applications**

- **Energy, fatigue and dehydration management**
- **Improves energy levels**
- **Vitamin & Mineral supplement**
- **Increases cognitive function**

Foil sachet containing a blend of vitamins, minerals, carbohydrates and electrolytes. Caffeine and Tartrazine free

Foil packs extends shelf-life to 2 years

### **Formulation**

M2 Hypotonic drinks is formulated to provide energy, to address fatigue, rehydrate and to serve as a vitamin supplement for persons with vitamin deficient diets.

### **Mixing instructions**

One sachet of 10g (Diabetic 6g) must be mixed with 800-1000ml of water.



## Nutritional Information

Per 10g Regular Formulation

TYPICAL NUTRITIONAL INFORMATION			
Nutrient	per 100g	per 10g serving	*NRV%
Energy (kJ)	945	94	
Protein (g)	0	0	0
Total Fat (g)	0	0	
Cholesterol (g)	0	0	
Ash (g)	0	0	
Carbohydrates (g)	62	6	
Total Dietary Fiber (g)	0	0	
Total Sugar (g)	58	6	
Calcium (mg)	650	65	5
Magnesium (mg)	500	50	12
Phosphorus (mg)	890	89	7
Zinc (mg)	9.5	0.9	9
Selenium (ug)	280	28	40
Vit C (mg)	1250	125	125
Niacin Vit B3 (mg)	60	6	40
Thiamine Vit B1 (mg)	4.8	0.48	40
Riboflavin Vit B2 (mg)	5.2	0.52	40
Pantothenic Acid Vit B5 (mg)	60	2.4	40
Pyridoxin Vit B6 (mg)	7	0.7	40
Folic Acid Vit B9 (mcg)	1600	160	40
Cobalamin Vit B12 (mcg)	9.6	0.96	40
Vit A mcg	3600	360	40
Taurine (mg)	3000	300	
Vit E (mg TE)	40	4	40
Vit D (mcg)	20	2	40
* Nutritional Reference Values for individuals 4 years and older			
Nutritional information above is calculated according to approved Nutrient Database's for Standard Reference as ratified by affiliated, accredited laboratories			

Ingredients: Maltodextrin, Vitamin & Mineral Mix (Vit C, Vit E, Vit A Acetate, Vit D, Vit B1, Vit B2, Vit B3, Vit B5, Folic Acid, Vit B6, Vit B9, Vit B12, Nicotinic Acid, Zinc Citrate, Calcium Lactate, Magnesium Citrate, Potassium, Sodium, Selenium, Taurine), Flavourants, Citric Acid, Malic Acid, colourant, **Artificial Sweetener:** Sodium Cyclamate, \*Aspartame and \*Sodium Saccharine

Per 6g Diabetic Formulation

TYPICAL NUTRITIONAL INFORMATION			
Nutrient	per 100g	per 6g serving	*NRV%
Energy (kJ)	233	14	
Protein (g)	0	0	0
Total Fat (g)	0	0	
Cholesterol (g)	0	0	
Ash (g)	0	0	
Carbohydrates (g)	17	1	
Total Dietary Fibre (g)	0	0	
Total Sugar (g)	17	1	
Calcium (mg)	650	65	5
Magnesium (mg)	500	50	12
Phosphorus (mg)	890	89	7
Zinc (mg)	9.5	0.95	9
Selenium (ug)	280	28	40
Chromium (ug)	233	23	40
Vit C (mg)	1250	125	125
Vit B3 Niacin (mg)	60	6	40
Vit B1 Thiamine (mg)	4.8	0.48	40
Vit B2 Riboflavin (mg)	5.2	0.52	40
Vit B5 Pantothenic Acid (mg)	60	6	40
Vit B6 Pyridoxin (mg)	7	0.7	40
Vit B9 Folic Acid (mcg)	1600	160	40
Vit B12 Cobalamin (mcg)	9.6	0.96	40
Vit A mcg*	3600	360	40
Taurine (mg)	3000	300	
Vit E (mg TE)	40	4	40
Vit D (mcg)	20	2	40

Ingredients: Flavourants, Citric Acid, Malic Acid, colour, Vitamin & Mineral Mix (Vitamin C, Vit E, Vit A Acetate, Vit D, Vit B1, Vit B2, Vit B3, Vit B5, Vit B6, Vit B9, Vit B12, Nicotinic Acid, Zinc Citrate, Calcium Lactate, Magnesium Citrate, Potassium, Selenium, Chromium Picolinate), **Artificial sweetener:** Sodium Cyclamate, \*Aspartame and \*Sodium Saccharine

\*Contains Phenylalanine