

# High Protein Water Mix™

Fat-free • Sugar-free • Carb-free

- Sick of thick and heavy protein shakes?
- Don't want any of the hidden fat, sugar and carbohydrates contained in regular high protein meal replacement drinks?

- ✓ Non-thick pleasant tasting cold-drink
- ✓ More than 14 grams of protein per drink: 1 drink supplies a quarter of your daily protein requirements
- ✓ 5 grams of BCAAs (Branched chain amino acids) for energy and healthy muscles
- ✓ Made from highly purified whey protein for health and performance
- ✓ Enriched with 1 billion probiotics for immune support
- ✓ Safe for adults and children
- ✓ Low glycaemic response: no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine.

Use High Protein Water Mix™ to replace or boost your protein intake or simply enjoy as a refreshing cold-drink.

#### Ideal for:

- Children, vegetarians and the elderly (who often consume too little high-quality protein).
- People who dislike thick protein shakes.
- During illness or convalescence to help boost protein intake and hydration when appetite is low.
- Use as a performance and recovery drink during and after exercise.

**NOTE:** Serious athletes should rather use SOLAL Energy Plus™, as a training drink, since it provides protein AND energy-rich carbohydrates (High Protein Water Mix™ provides protein only). Strength training athletes should ideally use SOLAL Muscle Plus™, as a post-workout recovery drink as it contains more protein per serving than High Protein Water Mix™. High Protein Water Mix™ is ideal for these athletes to consume as a refreshment drink to top up their protein intake and they may do so as often as they deem necessary.

**Drink as often as you wish** (4 servings per day supplies 100% of the protein requirements of most adults). Contains no gluten, tartrazine or preservatives.

Protein is a part of every cell in your body, and no other nutrient plays as many different roles in keeping you alive and healthy. The importance of protein for the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissues is proven since a very long time. Without it, you would lack the enzymes and hormones you need for metabolism, digestion and other important processes.

If you are injured or ill, you may need more protein as well, to help your body repair and recover. People who exercise need more protein to help repair and replace muscle tissue lost during exercise. And when you have an infection, you consume more protein because it helps create the antibodies your immune system needs to fight disease. Children, the elderly and vegetarians are often lacking protein in their diets.

**ONE GLASS** of High Protein Water Mix™ cold-drink supplies the same amount of protein (with none of the carbs and fat) as:

- 100ml cooked soya beans or
- 1 cup of cooked chickpeas / lentils / beans / beans / quinoa or
- 4 egg whites or
- 100g feta or
- 1/2 cup cottage cheese or
- 1 pilchards in tomato sauce or
- 1/3 tin of tuna or
- 1/2 chicken breast or
- 70g fillet beef

The information presented above is the opinion of SOLAL Technologies.



ENJOY AS A REFRESHING COLD-DRINK  
HIGH PROTEIN WATER MIX™  
BOOST YOUR PROTEIN INTAKE

FAT-FREE  
SUGAR-FREE  
CARB-FREE



Manufactured in a GMP (Good Manufacturing Practice) licensed facility, ensuring pure, safe and uncontaminated products of the highest quality. All our raw materials are tested for potency and purity. Our products do not contain any unhealthy or bulky fillers, but rather are filled to the brim with therapeutic doses of active nutrients and plant extracts.

Available from Doctors, Leading Pharmacies, Dis-Chem Pharmacies, Health Stores or from SOLAL Technologies. Visit our website for free downloads, comprehensive product information, booklet guide and chart, price list and to watch a free online video on how to use nutraceutical supplements safely and effectively

✓ The most useful health website in SA: [www.solaltech.com](http://www.solaltech.com)

Tel: 011 783 3939 or  
086 11 SOLAL (Health Line)  
Fax: 011 783 3399  
Email: [solal@solaltech.com](mailto:solal@solaltech.com)

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™