

# SOLAL™

TECHNOLOGIES  
FUNCTIONAL SUPERFOODS™

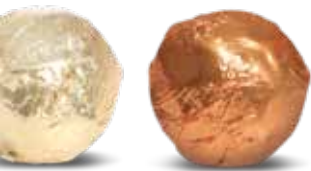
Chocolates | Nougat | Biscuits | Syrups  
Mousses | Jellies | Probiotic Vitamin Drinks  
Balsamic Reduction | Mueslis

- ✓ NO SUGAR ADDED
- ✓ LOW GLYCAEMIC RESPONSE
- ✓ ADDED VITAMINS & MINERALS
- ✓ SUPERNUTRIENT ANTIOXIDANTS
- ✓ PREBIOTICS & PROBIOTICS
- ✓ FIBRE & PROTEIN
- ✓ SUITABLE FOR VEGETARIANS



## Functional SuperFoods™

Using science to turn unhealthy treats  
into **enhanced nutrition**



“He who takes medicine and neglects  
diet, wastes the skill of the physician”

– Chinese proverb



# Food Science

## CONTENTS

<b>SOLAL Functional SuperFoods™</b>	<i>1</i>
<b>Belgian Chocolate Truffles and Praline Bars</b>	<i>2</i>
<b>Nutrient-enriched Nougats</b>	<i>4</i>
<b>Vitamin Biscuits</b>	<i>5</i>
<b>Sugar-free Vegetarian Jellies</b>	<i>6</i>
<b>Nutrient-enriched Mueslis</b>	<i>7</i>
<b>Whey Protein Mousses</b>	<i>9</i>
<b>Antioxidant-enriched Balsamic Reduction</b>	<i>10</i>
<b>Sugar-free Nutrient-enriched Syrups</b>	<i>11</i>
<b>High Protein Water Mixes</b>	<i>12</i>
<b>Water Mixes – Probiotic and fibre enriched</b>	<i>13</i>
<b>Beauty Water Mix</b>	<i>14</i>
<b>Vit C &amp; Multivit Water Mix</b>	<i>15</i>
<b>Bone Water Mix</b>	<i>16</i>
<b>Energy Water Mix</b>	<i>17</i>

To view all **SOLAL Functional SuperFood™** product ingredient listings and nutritional tables go to: [www.solaltech.com/nutrition](http://www.solaltech.com/nutrition) or to view recipes, go to: [www.solaltech.com/recipes](http://www.solaltech.com/recipes)

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## Food Science

SOLAL FUNCTIONAL SUPERFOODS™

**Poor health starts with what you put into your mouth.** Modern diets are short of omega 3 fats, contain too much sugar and fat, not enough fibre and are often lacking in the antioxidants that are found in brightly coloured fruits and vegetables.

Introducing a new concept in food: **SOLAL Functional SuperFoods™**.

If you remove sugar and the heart-damaging saturated fats from food, and instead make them with omega 3, 6 and 9 fats, and sugar-free sweeteners

...then add additional fibre, vitamins, minerals, probiotics and antioxidants

...you get snacks and food treats that are good for you, known as **Functional SuperFoods™**.

**SOLAL Functional SuperFoods™** are snacks and treats made without sugar. They contain naturally sweet fibre, erythritol and the zero-calorie sweetener sucralose. None of our **Functional SuperFoods™** contain any aspartame, sodium cyclamate, acesulfame K, or saccharine.

**SOLAL Functional SuperFoods™** are enriched with vitamins, minerals, antioxidants, fibre, probiotics and omega 3 fats.

What the World Health Organisation (WHO) says about South Africans' sugar consumption:

"The argument that people should limit intake of sugar added to food is based on evidence that a high intake of sugar increases the risk of certain chronic diseases, particularly dental caries and obesity. As oral diseases and obesity are widespread in South Africa and affect large numbers of people in terms of physical, economic and social outcomes, the impact that reductions in sugar intake would have as an important preventative measure needs to be emphasised".

Joint WHO/FAO Expert Consultation on Diet, Nutrition and the prevention of chronic diseases. Geneva: World Health Organization; 2003 (WHO Technical Report Series No. 916)

\* NRV (Nutrient Reference Values) – these values are considered to be the minimum amounts necessary to achieve and maintain optimum nutritional status which will assist in the reduction of disease, specifically degenerative diseases of lifestyle. RDA values are not necessarily enough to maintain optimum nutritional status and prevent chronic disease.

*Please note: that this abbreviation is referred to throughout the text*



## Food Science

### BELGIAN DARK AND MILK CHOCOLATE TRUFFLES



### A selection of Hazelnut, Swiss Milk Chocolate, Mint and Tangerine

**SOLAL Belgian Chocolate Truffles and Bars** are the ultimate in chocolate excellence. They are made from the highest quality Belgian couverture chocolate without adding any sugar. They are sweetened with a low GR (glycaemic response) syrup and enriched with antioxidants, chromium polynicotinate and 12 vitamins. The soft fillings of the truffles are made with added coconut oil, and the bars are filled with no sugar added hazelnut praline. Both truffles and bars are available in milk and dark chocolate.

#### **Benefits of SOLAL Belgian Chocolate Truffles**

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Low GR (glycaemic response)**

**SuperNutrient™ antioxidants:** grape seed extract, lutein, lycopene, zeaxanthin and astaxanthin

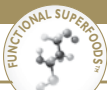
**12 added essential vitamins:** provide 100% RDA per serving

**Chromium polynicotinate**

**Oils (coconut and cocoa butter):** help with optimal uptake of the antioxidants lutein and lycopene

**Tartrazine-free | Preservative-free**  
**Suitable for vegetarians**





## Food Science

### BELGIAN DARK AND MILK CHOCOLATE PRALINE BARS



Quality chocolate, as used in **SOLAL Belgian Chocolate Praline Bars**, is naturally high in cocoa butter, which increases its calorie content; therefore, portion control of this delicacy is recommended. The small percentage of trans fats in the milk chocolate is naturally contained in milk powder.

#### Benefits of SOLAL Belgian Chocolate Praline Bars

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Low GR (glycaemic response)**

**SuperNutrient™ antioxidants:** grape seed extract, lutein, lycopene, zeaxanthin and astaxanthin

**12 added essential vitamins:** provide 100% RDA per serving

**Chromium polynicotinate**

**Oils (coconut and cocoa butter):** help with optimal uptake of the antioxidants lutein and lycopene

**Omega 6 essential fatty acids:** from the hazelnut praline



Tartrazine-free | Preservative-free  
Suitable for vegetarians



NO ADDED  
SUGAR



ASPARTAME  
FREE



NUTRACEUTICALS  
ADDED



LOW GLYCAEMIC  
RESPONSE



## Food Science

### NUTRIENT-ENRICHED NOUGATS



Almond, Cashew & Macadamia Nuts

Goji Berries & Almonds

Goji Berries, Pumpkin, Sesame, Sunflower & Poppy Seeds

**SOLAL Nutrient-enriched Nougats** are made with a zero-calorie sweetener, low glycaemic response syrup and fibre, instead of sugar. Enriched with probiotics, chromium polynicotinate, vitamin D<sub>3</sub> and omega essential fatty acids from nuts and seeds.

#### **Benefits of SOLAL Nutrient-enriched Nougats**

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Low GR (glycaemic response)**

**Probiotics:** 2 billion probiotics per serving

**Omega essential fatty acids:** from nuts and seeds

**Chromium polynicotinate**

**Vitamin D<sub>3</sub>**

**62-65 calories per serving**



Colourant-free | Tartrazine-free

Preservative-free | Suitable for vegetarians



NO ADDED  
SUGAR



ASPARTAME  
FREE



OMEGA 3  
AND 6



NUTRACEUTICALS  
ADDED



LOW GLYCAEMIC  
RESPONSE



# Food Science

## VITAMIN BISCUITS



Cinnamon, Ginger & Mixed Spice  
Double Choc & Pecan Nut | Espresso & Almond

### SOLAL Vitamin Biscuits

Most biscuits are laden with sugar and made with either butter or manmade heart-damaging artificial saturated vegetable fats, usually chemically altered (hydrogenated) corn or sunflower oil. **SOLAL Vitamin Biscuits** are made without adding any sugar. Instead of butter or artificial fats, they contain heart-friendly coconut oil. More than 5g of fibre and heat-stable vitamins are added to each biscuit. Just two biscuits a day will provide adults and children over 4 years of age with 100% of the NRV\* daily requirements of vitamins A, B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, C, D<sub>3</sub> and folic acid. **SOLAL Vitamin Biscuits** are baked at low heat, to ensure vitamin integrity.

### Benefits of SOLAL Vitamin Biscuits

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**10 added essential vitamins:** provide 50% NRV\* per serving

**Coconut oil**

**High in fibre**

Tartrazine-free | Preservative-free  
Suitable for vegetarians



**NO ADDED SUGAR**



**ASPARTAME FREE**



**COCONUT OIL**



**HIGH IN FIBRE**



**NUTRACEUTICALS ADDED**



**LOW GLYCAEMIC RESPONSE**



## Food Science

SUGAR-FREE VEGETARIAN JELLIES



Pineapple | Raspberry  
Wild Cherry | Green Plum & Lime

**SOLAL Sugar-Free Vegetarian Jellies** are made from a vegetable-based gelling ingredient, unlike regular jelly, which is made from animal gelatin that is obtained from the collagen inside their skin and surrounding their bones. Instead, **SOLAL Jellies** contain a natural soluble tasteless fibre extracted from red seaweed.

**Recommended uses:** Make with 600ml water/skimmed milk/lite coconut milk/lite evaporated milk. Serve with fruit, custard, yoghurt, SOLAL Mueslis and Sugar-free Syrups. Use in trifle, desserts or to set moulded salads or make jam.

### Benefits of SOLAL Sugar-Free Vegetarian Jellies

**Sugar-free:** no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Fat-free**

**12 added essential vitamins:** provides 100% RDA per serving

**Probiotics:** 2 billion probiotics per serving

**High in fibre**

**12 calories per 125ml serving**

Tartrazine-free

Preservative-free | Suitable for vegetarians



SUGAR  
FREE



ASPARTAME  
FREE



FAT  
FREE



HIGH  
IN FIBRE



LOW GLYCAEMIC  
RESPONSE



NUTRACEUTICALS  
ADDED



# Food Science

NUTRIENT-ENRICHED MUESLIS



Goji Berries & Seeds | Goji Berries, Seeds & Almonds  
Spicy Apricot, Seeds & Almond Flakes  
Tangerine, Chocolate, Seeds & Almond Flakes  
Apple, Seeds, Cashews & Almonds

## SOLAL Nutrient-enriched Mueslis

Unfortunately, most breakfast cereals are little more than refined carbohydrates, sugar-laden junk food, devoid of protein and healthy fats, masquerading as a healthy balanced meal. **SOLAL's Nutrient-enriched Mueslis** contain high fibre whole grain complex carbohydrates, omega 3 and 6 fats, and no added sugar. They are enriched with whey protein chips, probiotics, goji berries and antioxidants.

**Recommended uses:** Eat dry as a crunchy snack, as a topping for ice cream or yoghurt, as a base for tarts, in desserts, or to make unbaked biscuits.

## Benefits of SOLAL Nutrient-enriched Mueslis

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**High protein whey chips**

**Low GR (glycaemic response):** contains low GR goji berries, dried apple or apricots, not high GR raisins/dates/other dried fruit

**High in fibre**

**SuperNutrient™ antioxidants:** grape seed extract, lutein, lycopene, zeaxanthin and astaxanthin

**Probiotics:** 2 billion probiotics per serving

**Omega 3 and 6 essential fatty acids:** from nuts and seeds





## Food Science

### NUTRIENT-ENRICHED MUESLIS

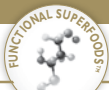
**Eating breakfast:** kickstarts your metabolism and improves concentration, especially in children. Provides sustained energy for endurance, combats sluggishness, reduces irritability and boosts motivation.

**Palm fruit oil:** is a natural source of vitamin E (tocotrienol) and the richest dietary source of provitamin A carotenes (beta-carotene and alpha-carotene). It has 15 times more provitamin A carotenes than carrots and 300 times more than tomatoes. It contains a greater number of nutrients than any other dietary oil (beta-carotene, alpha-carotene, lycopene, 10 other carotenes, vitamin E's [tocopherol, tocotrienols], co-enzyme Q<sub>10</sub>, phytosterols and glycolipids).



Colourant-free | Tartrazine-free | Preservative-free  
Suitable for vegetarians

This product is made in a factory using tree nuts



# Food Science

## W H E Y P R O T E I N M O U S S E



Chocolate | Vanilla | Almond  
Strawberry | Caramel | Custard

**SOLAL Whey Protein Mousse** is an excellent way to include one of the best sources of protein into your diet, with the advantage of being fat-free and low in carbohydrates. It is ideal for people with a sweet tooth but who want a calorie reduced treat, likewise for athletes and children who have higher daily protein requirements per kg of body mass. Excellent for vegetarians and the elderly who are often lacking high quality protein in their diets.

**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.

**Recommended uses:** Eat as a dessert or snack on its own. Use in desserts, as a pie filling, freeze for a frozen dessert, or thin with extra milk and/or water to make a double thick shake, and/or add 2-3 teaspoons of mousse powder to milk and lots of ice to make freeze-chinos. Serve with custard, yoghurt, SOLAL Mueslis and Sugar-free Vegetarian Jellies or Syrups.

### Benefits of SOLAL Whey Protein Mousse

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Whey protein:** helps build and repair body tissue

**Probiotics:** 2 billion probiotics per serving

**12 added essential vitamins:** provide 100% RDA per serving

**Fibre**

**Low GR (glycaemic response)**

**65-71 calories per 125ml serving**

**Tartrazine-free | Preservative-free**

**Suitable for vegetarians**





## Food Science

### ANTIOXIDANT-ENRICHED BALSAMIC REDUCTION



#### Granular Mustard Infused

#### **SOLAL Balsamic Reduction**

Unlike other balsamic vinegar reductions, which contain concentrated sugar, **SOLAL Balsamic Reduction** contains no added sugar. It is made with a quality 6-star balsamic vinegar, is sweetened and fibre-thickened, fat-free and contains added antioxidants.

#### **Recommended uses**

Use as a fat-free, no added sugar salad dressing, or as a topping for grilled or steamed vegetables. Add to stir-fries on its own, or combine with soya sauce and freshly grated ginger. Use as a dip for crudités or bread. Add to raw vegetables before grilling. Use as a marinade or for basting meat. Splash onto fresh strawberries or melon to enhance their flavour. Drizzle onto sugar-free or low fat ice cream or sorbet for a healthy dessert.

#### **Benefits of SOLAL Balsamic Reduction**

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

#### **Fat-free**

**SuperNutrient™ antioxidants:** grape seed extract, lutein, lycopene, zeaxanthin and astaxanthin

**Low GR (glycaemic response)**

**23 calories per 30ml serving**

**Colourant-free | Tartrazine-free | Preservative-free**

**Suitable for vegetarians**





## Food Science

SUGAR-FREE NUTRIENT-ENRICHED SYRUPS



Caramel | Hazelnut | Vanilla

**SOLAL Sugar-free Syrups** are made with a low GR (glycaemic response) syrup unlike regular syrups, which are made from sugar dissolved into water to form a high calorie concentrate. **SOLAL Syrups** are sugar- and fat-free and enriched with chromium polynicotinate and vitamin D<sub>3</sub>.

### Recommended uses

Add to yoghurt, cottage cheese, SOLAL Mueslis, smoothies, milkshakes, popcorn, ice cream, tea or coffee. Use on low GI (glycaemic index) breads, muffins, waffles and use to sweeten or bake with.

### Benefits of SOLAL Sugar-free Syrups

**Sugar-free:** no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Fat-free**

**Low GR (glycaemic response)**

**Chromium polynicotinate**

**Vitamin D<sub>3</sub>**

**Tooth-friendly**

**18 calories per 10ml serving**

Tartrazine-free | Preservative-free  
Suitable for vegetarians





## Food Science

H I G H P R O T E I N W A T E R M I X E S



Pineapple | Orange

**SOLAL High Protein Water Mixes** are an innovative way to incorporate quality protein into a refreshing sugar-free cold drink. They are enriched with probiotics and branched-chain amino acids and are ideal for children, vegetarians and people who dislike thick protein shakes. Two servings supply approximately half of an adult's daily protein requirement.

**Recommended uses:** Freeze into ice lollies or make delicious iced tea by adding to chilled steeped black tea/rooibos tea/herbal tea. Add ice and fruit/berries to make fruit smoothies or add fresh ginger, baby spinach leaves, celery, apple, carrot or any vegetable of your choice for a refreshing vegetable smoothie.

### Benefits of SOLAL High Protein Water Mixes

**No added:** sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**High protein:** helps build and repair body tissue

**Branched-chain amino acids:** 2500mg per serving

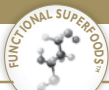
**Probiotics:** 1 billion probiotics per serving

**Low glycaemic response**

**72 calories per 250ml serving**

Tartrazine-free | Preservative-free  
Suitable for vegetarians





## Food Science

### WATER MIXES



Tropical | Raspberry & Cranberry  
Orange | Wild Cherry & Blackberry

**SOLAL Water Mixes** are made with a virtually energy-free sugar substitute base instead of sugar. They are sugar-free and enriched with a prebiotic fibre. They are an innovative alternative to sugar-laden, aspartame, sodium cyclamate, acesulfame K or saccharine-containing cold drinks. They are conveniently packed in sachets for ease of use by adding to 750ml, or more, still or sparkling water. Ideal to make in a jug at home for the family to enjoy or to be added to bottled water when travelling, going to restaurants or to school.

### Benefits of SOLAL Water Mixes – Probiotic & fibre-enriched

**Sugar-free:** no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Virtually energy-free**

**Prebiotic fibre:** 2g fibre per serving

**Probiotics:** 2 billion probiotics per serving

**14 calories per 750ml serving**



Tartrazine-free | Preservative-free  
Suitable for vegetarians





## Food Science

### BEAUTY WATER MIX



#### Blackcurrent & Lime

**SOLAL Beauty Water Mix** is made with a virtually energy-free sugar substitute base instead of sugar and is enriched with probiotics, a prebiotic fibre, and nutrients suitable for skin, hair and nails. One sachet makes 750ml.

#### Benefits of SOLAL Beauty Water Mix

**Sugar-free:** no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Virtually energy free**

**Prebiotic fibre:** 2g fibre per serving

**Probiotics:** 2 billion probiotics per serving

**12 added essential vitamins:** Provide 50% NRV\* per serving

**Vitamin A:** for the maintenance of good vision, healthy skin, hair and nails

**Vitamin B<sub>2</sub>, B<sub>3</sub> and B<sub>6</sub>:** help maintain healthy skin

**Vitamin C:** plays a role in healthy gums, skin and connective tissue

**Biotin:** contributes to healthy skin and hair

**Silicon amino acid chelate**

**Collagen peptides**

**MSM (sulphur)**

**Resveratrol**

**14 calories per 750ml serving**

**Tartrazine-free | Preservative-free**

**Suitable for vegetarians**



**SUGAR  
FREE**



**ASPARTAME  
FREE**



**PROBIOTIC**



**PREBIOTIC  
FIBRE**



**NUTRACEUTICALS  
ADDED**



**LOW GLYCAEMIC  
RESPONSE**



## Food Science

VIT C & MULTIVIT WATER MIX



Tropical

**SOLAL Vit C & Multivit Water Mix** is made with a virtually energy-free sugar substitute base instead of sugar and contains multivitamins, a high amount of vitamin C per serving and is enriched with a prebiotic fibre. One sachet makes 750ml.

### Health Benefits of Solal Vit C & Multivit Water Mix

**Sugar-free:** no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Virtually energy free**

**12 added essential vitamins:** provide 50% NRV\* per serving

**Very high in vitamin C:** provides 600% NRV\* per serving.

Functions as a tissue antioxidant thereby keeping cells healthy. Also plays a role in maintaining healthy skin and connective tissue. Helps with the absorption of iron from food

**Prebiotic fibre:** 2g fibre per serving

**12 calories per 750ml serving**

Tartrazine-free | Preservative-free  
Suitable for vegetarians





## Food Science

### B O N E W A T E R M I X



#### Berry

**SOLAL Bone Water Mix** is made with a virtually energy-free sugar substitute base instead of sugar and is enriched with prebiotic fibre, 12 vitamins, magnesium and calcium, which help maintain healthy bones and teeth. One sachet makes 750ml.

#### Health benefits of SOLAL Bone Water Mix

**Sugar-free:** no sugar, aspartame, sodium cyclamate, acesulfame K or saccharine

**Virtually energy free**

**12 added essential vitamins:** provide 50% NRV\* per serving

**Calcium:** maintains healthy bones and teeth

**Magnesium**

**Prebiotic fibre:** 2g fibre per serving

**13 calories per 750ml serving**



Tartrazine-free | Preservative-free  
Suitable for vegetarians





## Food Science

E N E R G Y   W A T E R   M I X



### Raspberry & Kiwi

**SOLAL Energy Water Mix** is the innovative alternative to high Glycaemic Index sugar-laden or aspartame containing cold drinks. It is made with a slow release carbohydrate instead of sugar and contains no sodium cyclamate, acesulfame K or saccharine. It is conveniently packed in sachets for ease of use by adding to 375ml, or more, still or sparkling water.

#### **Benefits of SOLAL Energy Water Mix**

**No added:** aspartame, sodium cyclamate, acesulfame K or saccharine

**Green tea and guarana:** supplies 40mg caffeine per serving

**Ginseng**

**Taurine**

**Ribose**

**Prebiotic fibre:** 1g fibre per serving

**44 calories per 375ml serving**

**Warning:** Not recommended for children under the age of 12 years old, pregnant women, persons sensitive to caffeine and is not to be mixed with alcohol.

**Tartrazine-free | Preservative-free**

**Suitable for vegetarians**





## Food Science

### QUALITY ASSURANCE

**SOLAL Technologies** is a preventive medicine nutraceutical company. All Functional SuperFoods™ products are developed using the latest scientific evidence available. **SOLAL Technologies** products are manufactured using effective doses of the highest quality pharmaceutical grade nutraceuticals, sourced from the world's best and most trusted raw material suppliers. All products are manufactured under strict conditions ensuring that the actives remain intact during the manufacturing process.

# Functional SuperFoods™

Available from Dis-Chem pharmacies, leading pharmacies, health stores or from SOLAL Technologies.

SOLAL Technologies:

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[www.solaltech.com](http://www.solaltech.com)

**SOLAL**™  
TECHNOLOGIES  
FUNCTIONAL SUPERFOODS™



[www.solaltech.com](http://www.solaltech.com)

To view all SOLAL Functional SuperFood™ product ingredient listings and nutritional tables go to: [www.solaltech.com/nutrition](http://www.solaltech.com/nutrition) or to view recipes, go to: [www.solaltech.com/recipes](http://www.solaltech.com/recipes)