



Are your vitamin-enriched waters and flavoured waters in fact “waters” at all... or are they really sugar-laden cold drinks?

There are so many healthy foods available, but **there are hardly any healthy drinks**. Fizzy drinks are either **laden with sugar**, or contain **sweeteners like aspartame, which are potentially brain-damaging** according to a recent Italian study. Even so-called **vitamin-enriched waters and flavoured-waters are not “waters” at all**. They contain only a **fraction of your daily requirements of vitamins**, and contain almost as **much sugar** as standard sugary cold drinks. **Fruit juices and iced teas often also contain large amounts of sugar** (about 5-10 teaspoons of sugar per glass).

But now you can drink your way to healthier living with SOLAL's new refreshing probiotic, fibre, vitamin and nutraceutical enriched water mixes.



FAT-FREE



ASPARTAME-FREE



TARTRAZINE-FREE



PRESERVATIVE-FREE



SUITABLE FOR VEGETARIANS



Probiotic & Fibre-enriched Water Mixes (Tropical, Raspberry & Cranberry, Orange, Wild Cherry & Blackberry)

✓ **only 14 calories per serving**

Drink as often as you want instead of sugar-laden cold drinks and fruit juices

2 grams of fibre • 2 billion probiotics per serving



SUGAR-FREE



Beauty Water Mix (Blackcurrant & Lime)

✓ **only 14 calories per serving**

Nutrients for skin, hair and nails

Anti-aging resveratrol • Skin restructuring silicon amino acid chelate • MSM and collagen peptides • Biotin for hair and nails • Vitamins • Probiotics



SUGAR-FREE



Vit C & Multivit Water Mix (Tropical)

✓ **only 12 calories per serving**

Your vitamins in a refreshing drink

600mg (600% RDA/NRV) of vitamin C • Probiotics
100% RDA/NRV of 11 other vitamins per serving



SUGAR-FREE



Bone Water Mix (Berry)

✓ **only 13 calories per serving**

For healthy bones

Calcium • Magnesium • 12 essential multivitamins
(50% RDA/NRV per serving)



SUGAR-FREE



Energy Water Mix (Raspberry & Kiwi)

✓ **added slow release carbohydrates**

✓ **44 calories per serving**

Energises the body and brain

Green tea and Guarana (natural sources of caffeine)
Ginseng • Taurine • Ribose • High in fibre

DARE TO COMPARE

	Fruit juice (grape) per 250ml glass	Energy sports drink per 500ml bottle	Vitamin-enriched water per 500ml bottle	SOLAL Water Mix™ per sachet (makes approx. 750ml) (Excluding Energy Water Mix)
Calories	152Cal	143Cal	116Cal	14Cal
Sugar	36g (7 teaspoons of sugar)	35g (7 teaspoons of sugar)	22-27g (5 teaspoons of sugar)	0g (sugar-free)
Multivitamins (RDA/NRV%)	2-5%	0%	30%	50-600%

The information presented above is the opinion of SOLAL Technologies.



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www.solaltech.com/recipes



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 Dis-Chem Pharmacies, Leading Pharmacies, Health Stores, doctors or from SOLAL Technologies.

Visit SOLAL Technologies 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.

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

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