M2 Body Fuel - Low GI Formulation

- Energy, fatigue and dehydration management
- Improves energy levels
- Vitamin and mineral supplement
- Increases cognitive function
- Foil sachet containing a blend of
- vitamins, minerals, carbohydrates &
- electrolytes
- Just add water

NO INSULIN SPIKES, NO CAFFEINE, NO TARTRAZINE

Only good health!

Suitable for diabetics – SUGAR FREE

Less than 30 calories per serving

MARKETS

- Miners (shaft and open cast mines)
- Municipal road workers
- Construction site workers
- Landscaping workers
- Smelters
- Long distance truck drivers
- Food processing plants
- Industrial workers

- Hospitals
- Clinics
- Athletes
- Gym workouts
- Schools
- Pre-schools
- Family

ENERGIZING HYPOTONIC DRINK

BODY FUEL

- Why is hydration in the workplace important?

- The fact is that being hydrated is associated with better cognition and mental performance, it helps to „combat tiredness and fatigue, all of which can help organisational productivity" – Dr. Emma Derbyshire
- It is legally required of employers to ensure their workers are properly hydrated, to adequate supply water or fluids, taking into consideration the temperature of the working environment and type of work activity.

- 70% to 80% of recommended fluid intake comes from drinks (as opposed to foods).

- Occupational health and HR professionals have a role in ensuring that the message around the importance of hydration is understood and the guidelines on recommended intake are communicated consistently.

One of the key roles of OH is to ensure that groups of workers at risk of "involuntary dehydration" have access to fluids. An employee's need for rehydration depends on a range of factors, including their job role and occupation.

Ex. medical staff working long hours or call centre staff, might find it hard to take a break in order to drink. Similarly, employees who are required to wear heavy protective clothing at work, or who work in extreme temperatures may need to drink more fluids than the standard recommended intake. Both of these types of workers are potentially at risk of dehydration.

"Ultimately, promoting the purpose of hydration is a win win for employers, as hydrated employees are more *productive and mentally alert*"

Dr. Emma Derbyshire



Study 2016

Objectives: To determine both the prevalence and severity of dehydration of forestry workers harvesting trees in autumn and winter

Conclusion:

- Regardless of season, gender, and job category, 44% arrived at work dehydrated
- The challenge of workers in hot industrial situations arriving on site dehydrated is not limited to forestry,
- Before these workers even began harvesting, their physical and mental capacity to work safely and productively was compromised
- At shift end, regardless of season, gender, and job category, the majority (63%) were dehydrated
- The workers completed their shifts physically and mentally compromised and many had not recovered by the next morning perpetuating a cycle of dehydration.
- Emphasis needs to be placed on the prevention of dehydration across the year rather than focusing on the hotter seasons.

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Centres for Disease Control and Prevention

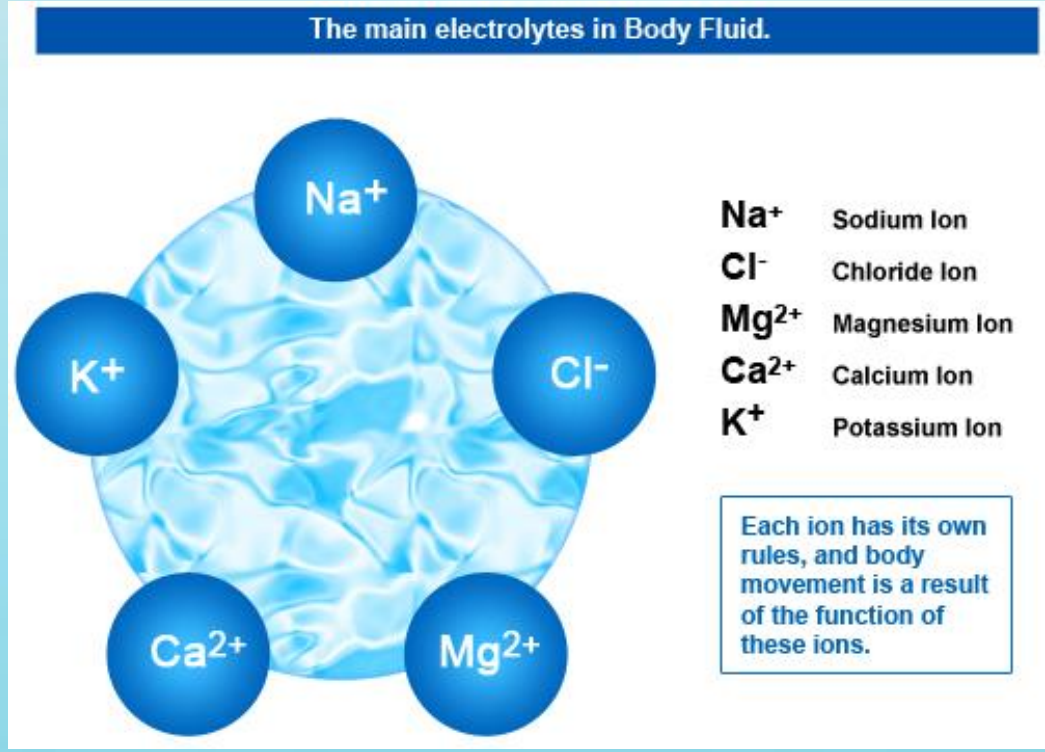
National Institute for Occupational Safety and Health

Criteria for a Recommended Standard Occupational Exposure to Heat and Hot Environments

- Workers who are exposed to extreme heat or work in hot environments indoors or outdoors, or even those engaged in strenuous physical activities may be at risk for heat stress.
- Exposure to extreme heat can result in occupational illnesses caused by heat stress, including heat stroke, heat exhaustion, heat syncope, heat cramps, heat rashes, or death.
- Heat can also increase workers' risk of injuries, as it may result in sweaty palms, fogged-up safety glasses, *dizziness, and may reduce brain function responsible for reasoning ability, creating additional hazards.*

- Those at risk of dehydration include outdoor workers and workers in hot environments, such as fire fighters, bakery workers, farmers, construction workers, miners (particularly surface miners), boiler room workers, and factory workers.

- NIOSH recommends that employers provide the means for appropriate hydration and encourage their workers to hydrate themselves with potable water every 2 hour and sports drinks containing balanced *electrolytes.*



ATHLETES / SCHOOLS / FAMILY

M2 Body Fuel is ideal for all who wants to live a healthy lifestyle.

- Energy, fatigue and dehydration management
- Improves energy levels
- Vitamin and mineral supplement
- Increases cognitive function
- Foil sachet containing a blend of vitamins, minerals, carbohydrates & electrolytes
- Just add water
- Tasty – four different flavours

- FORMULATION- Hypotonic drink
- **A hypotonic drink** compensates more the water loss and less the sugar loss. This type of drink is more suitable for prolonged endurance work or exercise where the priority is to compensate water loss by drinking.
- A hypotonic drink reinforced with mineral salts helps compensate the sodium loss and therefore avoid the decrease of plasma concentration in sodium, which consequences can sometimes be severe hyponatremia (imbalance of water to salt in the body).
- The risk of digestive disorders with this type of drink is also lower.

Isotonic and soda drinks

the more a liquid contains dissolved substances, the less it contains available water: therefore the thicker and more concentrated it is, the less aqueous it is and the less it moisturizes...

Nutritional Information

Regular Formulation 10g

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 B 9 (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 Sweetene**r: Sodium Cyclamate, *Aspartame and *Sodium Saccharine

***Contains Phenylalanine**

Diabetic Formulation 6g

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
* 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: Flavourants, Citric Acid, Malic Acid, colour, Vitamin & Mineral Mix (Vitamin C, Vit E ,Vit A Acetate, Vit D, VitB1, 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**

Flavours

Orange

Berry

Fruit Punch

OLgenstine.com

GET YOURS!

REFERENCES:

http://www.personneltoday.com/hr/hydration-worplace-issue/
https://academic.oup.com/annweh/article/55/1/6/164230/Hydration-Status-of-South-African-Forestry-Workers
https://www.cdc.gov/niosh/docs/2016-106/pdfs/2016-106.pdf