

# TNT HIGH FIBRE DRINK MIX

## ESSENTIAL NUTRIENTS TO BRIDGE ANY GAPS IN YOUR DAILY DIET

TNT is a high-fibre, multi vitamin and mineral drink containing essential nutrients to bridge any gaps in your daily diet. With a range of B vitamins that contribute towards energy-yielding metabolism, and a reduction in tiredness and fatigue, TNT provides a source of long lasting energy. One serving of TNT contains more fibre and nutrients than a kilo of fresh fruit and vegetables, providing 12g fibre obtained from 18 different fruit, vegetable and grain sources, 12 vitamins, 11 minerals and generous amounts of antioxidants. Use as a daily supplement to any diet or use as a nutritious meal replacement.

## A PLENTIFUL SUPPLY

Along with generous amounts of fibre, TNT contains a comprehensive range of vitamins and minerals, including antioxidant vitamins A, C and E, and Vitamin D, the 'sunshine vitamin'. These vitamins are needed for many important processes in the body.

Vitamin A contributes towards normal function of the immune system, iron metabolism, and the maintenance of normal vision and skin, vitamin C for normal immune and nervous system function, collagen formation, and a reduction in tiredness and fatigue. Vitamin E helps to protect cells from oxidative stress, also known as free radical damage, and Vitamin D for maintenance of normal bones, teeth and muscle function, and normal blood calcium levels.

## ENERGY & FITNESS

TNT's great tasting high-fibre, carbohydrate drink contains a wide range of essential vitamins and minerals for muscle development and energy production, with antioxidant vitamin C which contributes to a reduction in tiredness and fatigue and helps to maintain the normal function of the immune system during and after intense physical exercise. The range of B vitamins contributes to energy yielding metabolism, collagen formation for blood vessels, bones and cartilage, and thiamine (B1) which contributes to the normal function of the heart.

## MORE THAN A GREAT TASTING DRINK

This high fibre formula contains beta-carotene, lycopene and other carotenoids in a fabulous natural vegetable fibre blend and has a great orange taste that the whole family can enjoy. No added sugar and suitable for vegetarians.

Mix one scoop with 118ml of water and shake or stir briskly.

**Ingredients:** Fibre blend: Gum arabic, rice bran, **soy** fibre, cellulose fibre, **oat** fibre, guar gum, beet fibre, pea fibre, **oat** bran, apple fibre, corn bran, broccoli, carrot, tomato, cabbage, **celery**, spinach. Other ingredients: Fructose, creamer [corn syrup solids, high oleic sunflower oil, sodium caseinate (**milk**), dipotassium phosphate, mono & diglycerides, **soy** lecithin, tocopherols, tricalcium phosphate], natural flavours (contains **buttermilk**), **soy** lecithin, bulking agents; tricalcium phosphate, maltodextrin, citric acid, magnesium oxide, beta carotene, salt, citrus pectin, ascorbic acid (vitamin C), d-alpha tocopherol acetate (vitamin E), biotin, vitamin A palmitate, niacinamide (niacin), ferrous fumarate, zinc citrate, d-calcium pantothenate (pantothenic acid), cholecalciferol (vitamin D3), folic acid, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), manganese citrate, potassium iodide, cyanocobalamin, chromium chloride, sodium molybdate, and selenomethionine.

**Product Code: 1346** (532g – 14-day supply)

Suitable for vegetarians. Also, available in money saving four pack Product Code: 9781

*This product contains vitamin A in the form of retinol. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic. **Allergy advice: contains milk, soya and cereals containing gluten. See ingredients in bold.** Do not exceed the stated recommended daily dosage. Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements, when you are on prescribed medication. All information contained herein is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease.*

