

Ramadan

NUTRITIONAL GUIDE

Supporting you through fasting.



To support your Ramadan, New Image™ have created a nutritious menu, providing you with the energy needed during fasting.

			PRODUCTS	PURPOSE
SAHUR (before fasting)		1	1x glass of water	1. Rehydrate your body after sleep.
		2	1x serve Alpha Lipid™ Lifeline™	2. Provide vital daily support for your immune & digestive systems with colostrum immunoglobulins and probiotics.
		3	2 scoops ShapeUp + 1 scoop Fibremax™ in 250ml water	3. Balanced meal replacement rich in protein, dietary fibre, vitamins, minerals and antioxidants to help maintain your blood sugar levels, feel full for longer and have the energy to get you through the day.
		4	3-7 dates + 1 glass of water	4. To ensure you stay hydrated during fasting.
IFTAR (Breaking the fast)		1	3-7 dates + 1 glass of water	1. Break up the fasting by slowly increasing the blood sugar level and rehydration.
		2	2 scoops ShapeUp OR 2 scoops Alpha Lipid™ Ultra Diet™ 2 + 1 scoop Fibremax™ in 250ml water	2. Nutrient rich foods to help get your energy back quickly.
		3	1x glass of water	3. Stay hydrated.
AFTER TARAWIH PRAYER		1	Healthy foods with high fibre and protein	1. Replenish your body with plenty of nutrient dense foods.
		2	Drink enough water	2. Remember to stay hydrated throughout the night.

Health - Wellness - Colostrum

From New Zealand to the World



FOR FURTHER INFORMATION CONTACT SOUTH AFRICA HEAD OFFICE
Phone: +27 31 015 5893 | Email: safsupport@newimage.asia

