



Low GI (1GL per 500ml), Pre-Biotic Drink with Vitamins,  
Minerals, Amino Acids, Soluble Fibre and MSM

*Get that lean body you deserve and  
maintain it for life with minimal effort!*



**Energy**

**Blood Glucose Control**

**Manage Diabetes**

**Fat and Weight Loss**

**Insulin Resistance**

**Recovery**

**Regularity**



**4EVER LEAN Lifestyle**

**Approved Product**

Keeping blood glucose under control and  
staying lean has never been so easy





Low GI Certified, Diabetic Society Approved, Nutrient Rich  
Drink with Functional Food Properties

Tired of being tired?

Put the zest back in your life –  
with a daily glass or two of Biozest  
**low GI, pre-biotic and nutrient rich drink.**

Biozest conveniently supplement diets with:

- 12 vitamins,
- essential minerals,
- Fibre

offering Biozest users all the inherent  
benefits of hydration as well as improved  
bio-available essential nutrients.

Biozest also offers functional benefits:

- Improve blood glucose control to help:
  - Maintain sustained energy for extended periods of time
  - Improve diabetes blood glucose control
  - Reduce body fat / assist weight loss
  - Reduce hyperactivity
  - Stay mentally alert
  - Reduce risk for developing type 2 diabetes
- Have a pre-biotic effect which improves micro-flora growth assisting:
  - Digestive system's health and performance
  - Strengthen immune system
  - Detoxify the body
  - Improves bowel functioning and regularity



- Mineral and many other nutrients' absorption
- Blood fat (i.e. cholesterol) composition supporting heart health and
- Reduces stomach ailments and diarrhea
- Water, MSM, citric acid, malic acid, L-citrulline and minerals improve:
  - Hydration
  - Electrolyte levels
  - Stamina, endurance and recovery
  - Lung functioning
  - Body and stomach pH
  - Hair, nail and skin growth and appearance

Our diet – what we eat and drink - is the only source of the fuels our bodies require to maintain peak performance - nutrients are key to sustain life – and Biozest conveniently assist supply.

So whether you are young or not so young, sports person, home or business executive, suffering diabetes, high cholesterol, ADD/ADHD or whatever - choose the Biozest flavor you like –

- Forest berries
- Lemon and Lime
- Naartjie
- Orange
- Tropical fruit



and put the zest back in your life!!!

Drink as much low GI, pre-biotic nutrient rich Biozest in divided doses throughout the day as your lifestyle and activity level or health condition may require – and experience all the benefits of more optimum bio-available essential nutrient supply - and maintain peak performance.

Note: Biozest GI has been tested and confirmed to be low by Glycemic Index Foundation of South Africa (GIFSA)

## Nutritional Information and Ingredients

<b>Nutritional Information</b>	<b>Per 100ml Ready to Drink</b>	<b>Per serving of 250ml</b>	<b>Ingredients:</b> Purified Water, Sucrose, Inulin, Gum Arabic, Polydextrose, Citric acid, Malic acid, Nature identical flavour, Potassium chloride, Calcium lactate, Magnesium citrate, Sodium chloride, MethylSulfonylMethane (MSM), L-citrulline, Vitamin premix, Non-nutritive sweetener (sucralose, cyclamate), Preservatives (potassium sorbate, sodium benzoate)
<b>Energy</b>	3.2 kcal 12.8 kj	8 kcal 32 kj	
Protein	0.0 g	0.0 g	
Carbohydrate	0.8 g	2.0 g	
Fibre	0.6 g	1.5 g	
Fat	0.0 g	0.0 g	
Sodium	32 mg	80 mg	
Potassium	16 mg	40 mg	
<b>Vitamins</b>	per 100ml	*DRI per 250ml	
Vitamin A	96 µgRE	25 %	
Vitamin D	0.5 µg	25 %	
Vitamin E	1.2 mg	25 %	
Vitamin C	8.0 mg	25 %	
Thiamine (B1)	0.14 mg	25 %	
Riboflavin (B2)	0.16 mg	25 %	
Niacin (B3)	1.8 mg	25 %	
Pyridoxine (B6)	0.2 mg	25 %	
Folic Acid (B9)	40 µg	25 %	
Vitamin B12	0.24 µg	25 %	
Biotin	30 µg	25 %	
Pantothenic Acid (B5)	0.6 mg	25 %	
<b>Minerals</b>			
Calcium	24 mg	5 %	*Dietary Reference Intakes (DRI) for individuals older than 14 years
Magnesium	16 mg	10 %	
Chromium	12 µg	100 %	
Zinc	4.4 mg	100 %	
Selenium	22 µg	100 %	



# Boost physical performance

Measured performance improvements of a professional U/17 soccer team after using a minimum of 1 liter Biozest per day for 10 days compared to their previous best performance for the same tests.

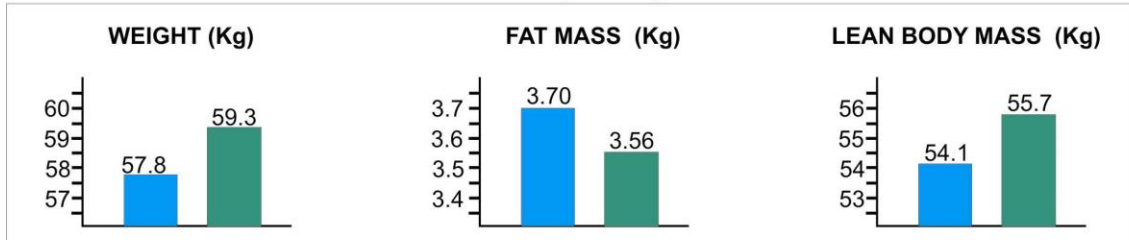


**No BIOZEST**

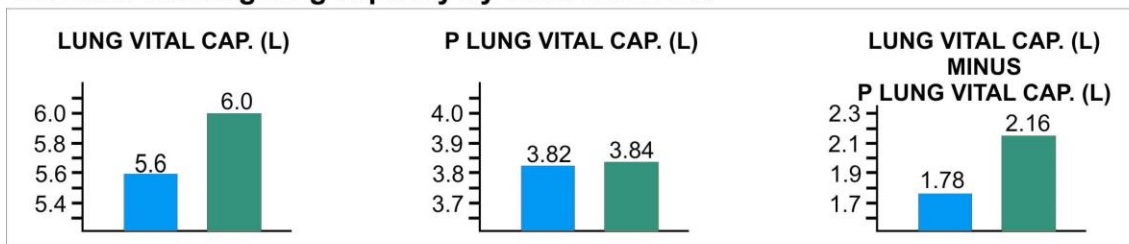
**With BIOZEST**



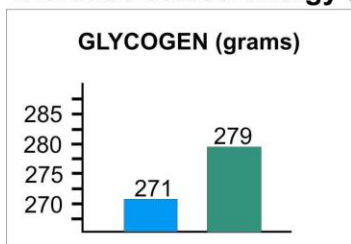
**Gain 2.9% lean muscle and reduce body fat by 3.8%**



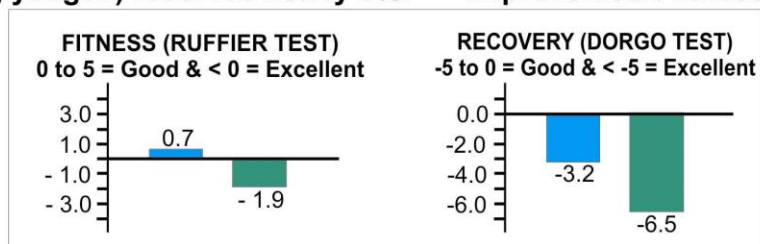
**Increase working lung capacity by more than 21%**



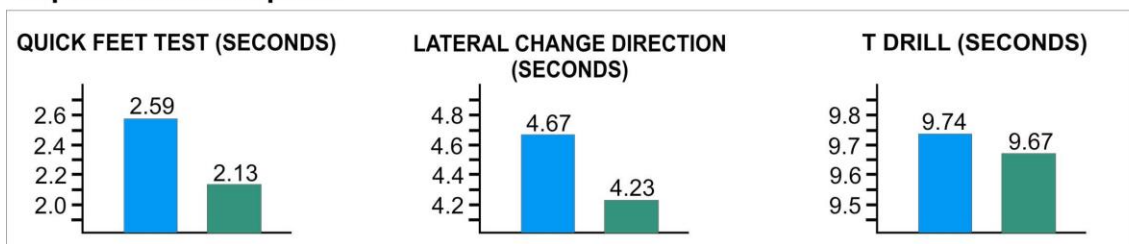
**Increase stored energy (glycogen) reserves nearly 3%.**



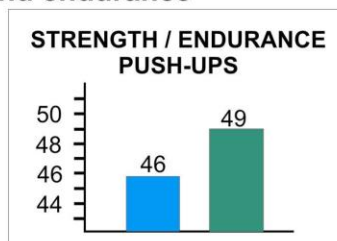
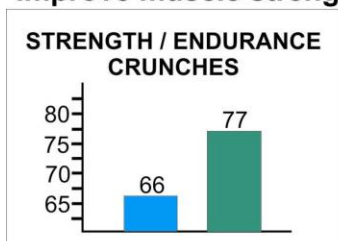
**Improve heart fitness.**



**Improve muscle speed.**



**Improve muscle strength and endurance**





## Discussion

The Biozest test group:

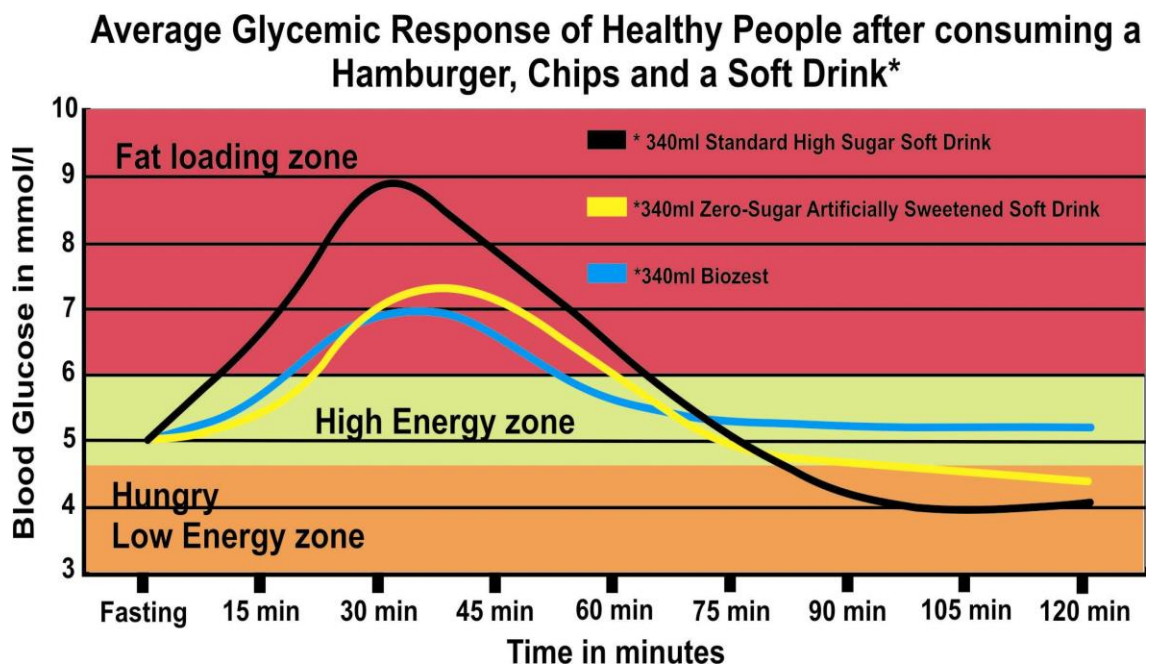
- Reduce body fat
- Increase lean muscle
- Improve lung capacity and performance
- Improve heart fitness / performance
- Improve muscle speed, power and endurance

## Conclusion

Regular consumption of 1lt. Biozest per day has the potential to improve physical performance.

## Biozest and Non-Diabetics

The glycemic response of a group of non-diabetics were measured after consuming a typical “modern-day meal” of a can of cool drink containing zero carbohydrate. A week later the same group of non-diabetics consumed a similar meal but this time with a “can” of Biozest. And a week later a similar meal was consumed with a can of regular high carbohydrate containing cool drink.



## Discussion

Compared to a zero carbohydrate containing (similar to water) and/or typical high carbohydrate containing (similar to a typical energy drink):

- Biozest induce the lowest blood glucose response / peak after consuming a typical modern-day meal
- Biozest assist normalization of blood glucose quicker than other options
- Biozest maintain optimum blood glucose level longer preventing lower than ideal blood glucose / hypoglycemia / low energy / hunger / cravings than other options.

## Conclusion

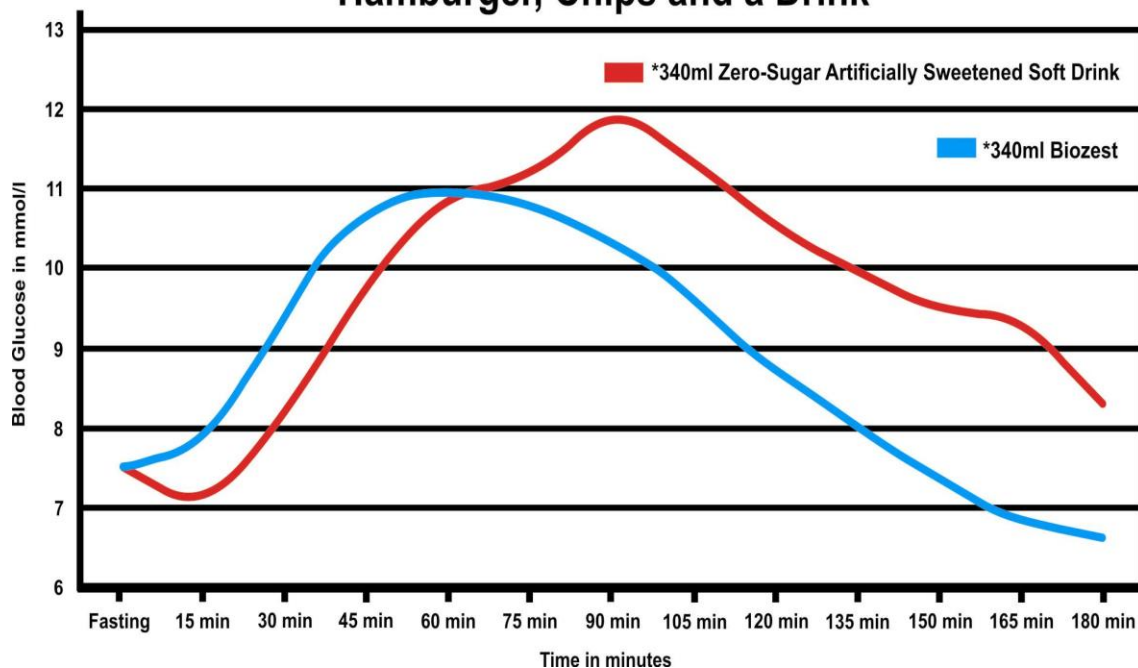
Regular consumption of Biozest might assist non-diabetics to:

- Maintain ideal energy / blood glucose levels for longer after meals
- Prevent hunger and craving shortly after meals assisting weight loss or help maintaining ideal weight
- Lose weight
- Improve blood glucose control which might help prevent development of diabetes
- Help prevent blood sugar rushes which might improve mental and physical performance, focus and concentration.

## Biozest and Diabetics

The glycemic response of a group of type 2 diabetics were measured after consuming a typical “modern-day meal” with a can of cool drink containing zero carbohydrate. A week later the same group of diabetics consumes a similar meal but this time with a “can” of Biozest.

### Average Glycemic Response of Diabetics after consuming a Hamburger, Chips and a Drink\*



## Discussion

Compared to a zero carbohydrate containing drink (similar to water):

- Biozest do not reduce blood glucose immediately after consumption (see 15 minutes point) like a zero carbohydrate, artificially sweetened drink do thus help prevent hypoglycemia at times when blood glucose might be low before meals or if the drink is not followed by a carbohydrate containing meal
- Biozest induce a lower blood glucose peak after consuming a similarly carbohydrate loaded meal.

- Biozest cause blood glucose to reduce quicker towards normal / ideal level following a carbohydrate containing meal.

## **Conclusion**

Diabetics consuming Biozest regularly with meals might:

- Experience tighter blood glucose control
- Improve average blood glucose levels (HbA1c) which might help reducing neuropathy risk and heart failure.
- Prevent hypoglycemia
- Lose weight