



# Sahur. Iftar. Tarawih: Energised and Focused Ramadan!

Ramadan today moves fast. Early alarms for sahur, long screen hours, and full days that do not slow down just because you are fasting. Your fasting goal? Staying sharp, energised and in control from *sahur* to *iftar*. Stay well through the month. **Smarter choices. Sustainable energy.**



## Sahur with Steady Energy

Sahur sets the tone for your entire day. Prioritise protein over quick carbs, for steady energy and focus. Starting *sahur* with **ESP and Life Cinch®** helps you:

- ✓ **Feel full and satisfied for longer**
- ✓ **Maintain steady energy and focus**
- ✓ **Support lean muscle** as your body adapts to fasting

Add protein to meals to avoid energy dips and impulsive overeating at *iftar*.



## Iftar with Active Hydration

Dehydration during *puasa* may not be obvious until fatigue and brain fog hit. At *iftar*, rehydrate smarter. **Performance™ with OPTI-LYTE™ electrolytes** helps:

- ✓ **Replenish fluids** lost during fasting
- ✓ Keep you **hydrated** and **alert** for work, *tarawih* and family time
- ✓ Support light workouts and **active** evenings



## Tarawih with Mindful Focus

As the night unfolds, from *tarawih* to *moreh*, fatigue and cravings often show up together. Enjoying **Cinch® Tea** in the evenings helps you:

- ✓ **Control late-night cravings**
- ✓ Support **alertness** and focus
- ✓ Encourage a more **mindful moreh**

