

BEFORE

Tired? Stressed? Forgetful?
Feel like you really need some help?

B SHOT

PROVIDES THE BOOST YOU NEED!



PHARMACEUTICALS
www.gracepharm.co.za



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USE **DRAK23** AT CHECKOUT
Limited-time Promotional Discount

AFTER

Mg SHOT

Magnesium + Carnipure (L-Carnitine)
+ Vitamin B6

Magnesium, L-Carnitine and Vitamin B6 are essential nutrients that are depleted due to physical activity.

THE UNIQUE FORMULATION OF MG SHOT:

- Provides a one-of-a-kind, energy and recovery combination
- Has distinct revitalising and re-energising properties, **WITHOUT ANY STIMULANT EFFECTS**
- Ensures optimal muscle function and rapid recovery after physical activity
- Significantly reduces muscle soreness and cramps after exercise
- Markedly improves overall recovery after exercise and reduces recovery time

Carnipure



WORKOUT. RECOVER. REPEAT.

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DRAK23



GOLF ETIQUETTE

Golf Pace of Play: Your place in the field is directly behind the 4 ball in front of you. If not, allow players behind you to play through. • Players are expected to finish 18 holes in 4 hrs 30 mins. If 9 holes are not completed within 2 hrs 15 mins, or a team falls far behind, Players will be requested to skip holes. • Please respect golfers waiting for carts after play.



Gooderson Drakensberg Gardens

Golf & Spa Resort



CHAMPIONSHIP GOLF COURSE | NGU RATED | SOUTHERN DRAKENSBERG | KWAZULU-NATAL
www.goodersonleisure.co.za