

# A COMPLETE WORKSITE HYDRATION SOLUTION

HYDRATING INDUSTRIAL WORKERS SINCE 1975 / HYDRATION THAT WORKS



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# A COMPLETE WORKSITE HYDRATION SOLUTION

To ensure a safe working environment, an adequate supply of cool drinking water and providing Sqwincher® electrolyte replenishment is crucial for the prevention of dehydration, heat stress, injury and in the worst cases, death. Sqwincher is a recognised leader in hydration solutions for hot and strenuous workplaces. These electrolyte enhanced products for effective hydration are available as a powder, liquid concentrate and freezer pop formats.



## QWIK STIKS™

- Low sodium, gluten-free, caffeine-free and 99.5% sugar-free
- Easy and economical portion control
- One sachet makes 600ml
- Available in Lemonade, Lemon-Lime, Cool Citrus, Grape, Orange, Mixed Berry
- Made with sucralose - does not contain aspartame

SKU# SQ0100 - Orange 50 Pack      SKU# SQ0106 - Grape - 50 Pack      SKU# SQ0110 - Watermelon - 50 Pack  
 SKU# SQ0101 - Mixed Berry 50 Pack      SKU# SQ0107 - Lemon-Lime 50 Pack      SKU# SQ0104 - Mixed 50 Pack  
 SKU# SQ0103 - Lemonade - 50 Pack      SKU# SQ0109 - Cool Citrus - 50 Pack      SKU# SQW100104 - Mixed - 10 Pack



## LIQUID CONCENTRATE

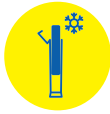
- Low sodium, gluten-free and caffeine-free
- 2L bottle makes 20L, 500ml bottle makes 5L
- Mix with the Sqwincher 20L cooler
- Australian Made
- Available in Lemonade, Lemon-Lime, Wild Berry, Grape, Tropical Cooler, Orange
- Made with dextrose - does not contain aspartame

SKU# SQ0028 - Lemon-Lime 2L      SKU# SQ0047 - Tropical Cooler 2L      SKU# SQ0051 - Mixed Flavours 2L  
 SKU# SQ0042 - Orange 2L      SKU# SQ0050 - Grape 2L      SKU# SQ0034 - Mixed Flavours 500ml  
 SKU# SQ0046 - Wildberry 2L      SKU# SQ0052 - Lemonade 2L



# ESSENTIAL ELECTROLYTES

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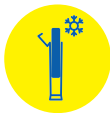
## SQWEEZE®



- Frozen electrolyte format
- Low sodium, gluten-free and caffeine-free
- Five flavours in a mixed pack including Lemon-Lime, Mixed Berry, Grape, Cherry, Orange
- Made with dextrose - does not contain aspartame
- Freeze in one of the Sqwincher Freezers, ask us how!



SKU# SQ159200201 Squeeze 10 Pack - Mixed Flavours



## SQWEEZE® ZERO



- 98% sugar-free
- Frozen electrolyte format
- Low sodium, gluten-free and caffeine-free
- Five flavours in a mixed pack including Watermelon, Dragonfruit, Punch, Orange, Mixed Berry
- Made with sucralose - does not contain aspartame
- Freeze in one of the Sqwincher Freezers, ask us how!



SKU# SQ159200232 Squeeze Zero 10 Pack - Mixed Flavours



## FAST PACKS®



- Extra convenience - The pack is your cup
- Fast pack contains 180ml of Sqwincher
- Portion controlled
- Low sodium, gluten-free and caffeine-free
- Available in Lemon-Lime, Orange, Tropical Cooler, Wild Berry
- Made with dextrose - does not contain aspartame



SKU# SQ0066 - Lemon-Lime 50 Pack      SKU# SQ0099 - Wild Berry 50 Pack  
 SKU# SQ0097 - Orange - 50 Pack      SKU# SQ0090 - Mixed 10 Pack  
 SKU# SQ0098 - Tropical Cooler 50 Pack





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# THE SQWINCHER DIFFERENCE

Research comparing 53 electrolyte products, independent tests with food technologists, interviews with medical professionals and sports nutrition experts have identified 5 KEY REASONS WHY SQWINCHER IS THE LEADING CHOICE FOR EFFECTIVE HYDRATION.



## 1 TASTE & PALATABILITY

### FAST FACTS

Increasing the palatability of water, increases fluid consumption and aids hydration programs.

### RESULTS

In a blind taste test against leading brands, Sqwincher scored highest on preferred taste.



## 2 MORE DELIVERY FORMATS

### FAST FACTS

Hydration programs should seek to make the delivery of water and electrolytes as easy as possible.

### RESULTS

In a study of 22 electrolyte brands, Sqwincher® scored highest on the number of delivery formats<sup>3</sup>.



## 3 LOW COST PER SERVE

### FAST FACTS

A reliable and affordable electrolyte solution should be accessible to a wide range of end users.

### RESULTS

Sqwincher® has both liquid concentrate and powdered formats that keep cost per serve low.



## 4 LOWER SODIUM VS THE REST

### FAST FACTS

High intakes of salt can increase your blood pressure and your risk of cardiovascular disease.

### RESULTS

Comparing 53 electrolyte products, Sqwincher® scored one of the lowest sodium levels.



## 5 REGULAR & SUGAR FREE

### FAST FACTS

During strenuous activity for over 1 - 2 hours, it is recommended to ingest sugars to aid hydration.

### RESULTS

Sqwincher® has both regular sugar and sugar free options for an end to end hydration program.



	SQWINCHER® ELECTROLYTE Qwik Stik 99.5% Sugar Free	INDUSTRIAL ELECTROLYTE Comparison 1	PHARMACY ELECTROLYTE Comparison 2	SPORTS ELECTROLYTE Comparison 3
SODIUM	138 mg	202.50 mg	840 mg	168 mg
POTASSIUM	114 mg	88.50 mg	480 mg	198 mg
SUGARS	Less than 1g	0.07 g	15 g	34 g
CALORIES	5 cal	3 cal	60 cal	150 cal

Based on a serving size of 600ml

Sqwincher has served Australasian workers since 1999 and is the leading industrial hydration drink.

It costs less to prevent a heat related accident or illness than it does to recover from one.

Sqwincher uses only the highest quality ingredients as well as having the highest manufacturing standards.

## REMEMBER DEHYDRATION IS 100% PREVENTABLE

“An outstanding feature of the Sqwincher® range of products is that they contain some of the lowest sodium contents on a per serve basis of any product in the market. This is an important benefit for any individual who wishes to maintain good hydration whilst managing a low sodium outcome in their daily dietary regime.”

PETER SKARSHIEWSKI / Food Technologist / Food For Thought



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