



HYDRATING
SINCE 1975

HYDRATE RESPONSIBLY

HYDRATION THAT WORKS

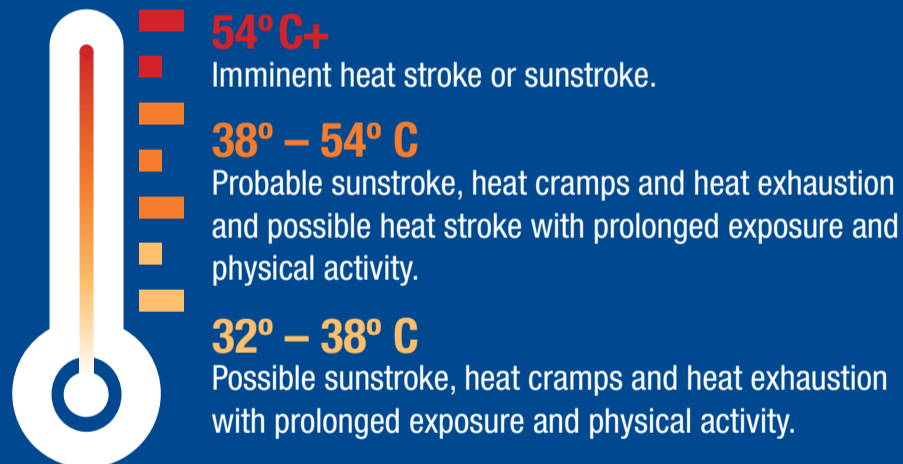
DEHYDRATION IS 100% PREVENTABLE



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.

What you may not know is that **dehydration is also problematic during winter**. This is called cold stress. It can be even more hazardous in cold weather due to thirst suppression, lack of perspiration, diuretics and increased urination.

DANGERS POSED BY HEAT STRESS



TIPS ON MONITORING HYDRATION

URINE CHART

Urine colour is a **great indication** of your body fluid levels.

- SEVERELY DEHYDRATED
- DEHYDRATED
- HYDRATED
- OVER HYDRATED

REQUIRED WATER



RECOMMENDED ELECTROLYTES

During strenuous activity as well as in colder environments; **180 - 300ml** of electrolytes every **15 - 20 minutes**.

How much Sqwincher should I consume?

Sqwincher replenishes lost fluids and electrolytes from sweating. The amount to consume depends on factors like weight, diet, and activity level, including external factors like temperature and humidity. Sqwincher is a food product rich in essential electrolytes, Sodium and Potassium, crucial for maintaining water balance and supporting nerve and muscle function.

The Heart Foundation recommends not exceeding 2000mg of sodium and 4,700mg of potassium daily. As an example, a single Sqwincher Qwik Stik has 138mg of sodium and 114mg of potassium per 600ml.

Always read labels and follow instructions carefully and consume plenty of water in addition to Sqwincher for proper hydration during intense activities.

Rule of Thumb: When undergoing strenuous activity in hot conditions, our general rule of thumb on how much Sqwincher someone can consume is 4-5 Sqwincher every day.

IT ONLY TAKES 2% OF DEHYDRATION TO RESULT IN UP TO A 50% DECREASE IN WORK AND MENTAL PERFORMANCE

