



What is Sqwincher?

Sqwincher is an electrolyte replacement drink scientifically formulated to safely replace mineral salts, replenish fluids and sugars at optimal absorption rates, which are depleted as a result of dehydration or through physical exertion. It prevents or reduces the severity of heat stress disorders and provides a supplemental source of energy plus quenches thirst.

How much should you drink?

- ✓ Re-hydrates
- ✓ Re-stores
- ✓ Re-charges
- ✓ Helps eliminate fatigue
- ✓ Helps eliminate heat stress
- ✓ Magnesium & Potassium
- ✓ Low salt
- ✓ No Caffeine
- ✓ Vitamin C
- ✓ Tastes Great

This varies according to the age, fitness, diet and life style of the individual. Other factors such as length of shift, degree and type of encapsulating clothing worn (this protective clothing increases the heat load on the body) and exposure to continuous radiant heat all impact on how much to drink. Studies in industry indicate a person exposed to these 'at-risk' conditions or in very fatiguing situations should drink one 250ml cup of Sqwincher every 30 minutes. We also recommend that workers drink 250ml of water in between. This brings the total fluid consumed to 1litre per hour.

**Available in many flavours in
2L Concentrate, Fast Packs & Qwik Stiks**



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