



FAQ's..... about Sqwincher®.

What is Sqwincher®?

Sqwincher is an electrolyte replacement drink scientifically formulated to 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.

Why do companies provide Sqwincher® to their workers?

Dehydration is a dangerous condition and every effort should be made to avoid it. Dehydration will cause an increase in heart rate to do the same job, possible kidney damage over the long term and a lowered resistance to heat. A by-product of dehydration is mental confusion and an impaired ability to make decisions or handle machinery. As a result, accident rates will increase in the last half of a shift carried out in hot, humid conditions and worker productivity is reduced due to feelings of fatigue. The effects of dehydration and the subsequent potential escalation of heat related illnesses and injuries such as heat stroke, are negated by drinking the right amount of a balanced replacement fluid, before, during and after work. Companies provide Sqwincher to meet their obligations of duty of care in providing a safe working environment for their employees and to ensure workers are as comfortable and productive as possible in hot and humid conditions

Can you have too much or 'OD' from having too much Sqwincher®?

Sqwincher is the choice of high-risk industries such as Fire & Rescue and Hazardous Materials operations because it is safe to use, with no issues of negative side effects. It is endorsed by the NSCA (National Safety Council of Australia) as effective in hot work environments and safe to use. Sqwincher is non-carbonated, caffeine free, naturally flavoured, high in Vitamin C and contains less calories than the average soft drink. It is healthy alternative to coffee, Coffee acts as a diuretic, a coffee drinker will have significant loss of fluid through increased urination. In thirty years of supplying the industrial market, there has not been a single instance of negative side effects associated with the use of Sqwincher.

How does Sqwincher® compare to other replacement drinks?

Sqwincher is low in sodium, having half the sodium levels of Gatorade and less salt than milk. The electrolytes in Sqwincher are Potassium and Magnesium, which help speed hydration and prevent muscle cramps. It tastes a lot better than Staminade and comes in packs designed especially to work in the industrial environment.

Why is Sqwincher® better than water?

While water can quench mouth thirst, it cannot immediately restore body thirst. Dehydration occurs in a variety of forms and depletes muscle cells of electrolytes (Important minerals and body fluids) which weaken the cells and keep them from functioning normally. Water is absorbed slowly from the stomach and cannot be retained in the extracellular cavity where dehydration has occurred. Sqwincher is isotonicly formulated and it restores electrolytes to the muscle cells within seconds of drinking. It therefore speeds hydration and because it tastes great people drink more than when there is just water available on an 'ad hoc' basis. All Sqwincher products are mixed nine parts water to one part Sqwincher so this is a good way to encourage people to drink the recommended 5 to 8 litres of water daily.

How much should you drink?

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 15 to 20 minutes.

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Can diabetics use Sqwincher®?

We recommend that diabetics use Sqwincher "Lite". Sqwincher® "Lite" is a perfect solution for diabetics or anyone who monitors their overall daily intake of carbs and calories. Sqwincher® "Lite's" formulation contains the same electrolyte content as regular Sqwincher®, (high in potassium and low in sodium to aid the body in replenishing essential elements lost to heat stress and fatigue), but contains zero calories and zero carbs. Every diabetic's condition is unique to that individual so there can be no general rule for all. It is best if the diabetic concerned consult their physician. We have found numerous secondary diabetics who are able to use Sqwincher because it is lower in calories than the average soft drink. There is a nutritional information panel of each Sqwincher product listing ingredients.

We issue cordial to our workers in summer. How is Sqwincher® better?

Sqwincher is a much better option because cordial is only sugar, preservatives & flavour. The high sugar levels in cordial can actually serve to increase thirst. Sqwincher has a healthier balance of carbohydrates, electrolytes and Vitamin C. Sqwincher is a true thirst quencher. Invariably, companies who replace cordial with Sqwincher see a significant reduction in consumption because the cordials high sugar levels can and does promote thirst. Sqwincher also has a range of dispensers and portion control options that will reduce the waste and pilferage that can occur with cordial.

What is the most economical way to order Sqwincher®?

Most industrial sites use the Sqwincher liquid concentrate because it is very low cost. This two-litre bottle yields twenty litres of product. The recommend retail price per bottle is \$29.50. This works out to a cost of approx \$1.50 per litre. There are 80 serves of 250ml per bottle or a cost of only \$0.37 per serve, making Sqwincher less expensive than milk, coffee or most other replacement drinks. Many companies reduce the amount of coffee supplied on site over summer, instead replacing part of the coffee expenditure with Sqwincher during the hot months. Effectively, this creates no extra expenditure but improves the overall fluid intake of workers when they most need it. Some companies will order the Sqwincher Fast Pack single serve sachets because they are very portable, offer portion control and work well in dusty environments.



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