



HYDRATION THAT WORKS™

PRODUCT INFORMATION

Sqwincer Qwik Stik 50/Pack

Fruit Punch • 0990.000562

Lemon Lime • 0990.000563

Orange • 0990.000559

*Note: Item sold under supplier branding

HYDRATION IS SERIOUS BUSINESS. SQWINCHER® IS SERIOUS HYDRATION.

Hydration plays an important role in worker safety and productivity. Companies, safety directors and employees all want to work safely, perform productively and return to work the next day. And everyone wants to avoid accidents and injury at all costs.

HYDRATION IS 365! There is a balance the body needs year-round. Your body needs to have the right balance of water and energy to function properly. High performance activity depletes the body of fluid and nutrients, throwing it off balance. For the body to get back in balance, water alone won't get the job done. Replenishing with hydration solutions that contain essential minerals is the only way to do it. Sqwincher® is the ultimate solution.

ENVIRONMENTAL STRESS

Heat Stress

Heat makes you lose more fluids regardless of work conditions. The loss of fluids increases when you factor in PPE, the kind of safety uniforms or clothing worn and how hard the job is on the body. Because of these factors, there is great potential for dehydration, heat stress and heat illness. All work environments should adhere to a temperature benchmark and notification process for excessive heat; ready to activate a hydration plan to increase fluid replenishment.

Heat Index

Apparent Dangers Posed By Heat Stress

32° to 37° C	38° to 54° C	55° C +
Possible sunstroke, heat cramps and heat exhaustion with prolonged exposure and physical activity.	Probable sunstroke, heat cramps and heat exhaustion and possible heat stroke with prolonged exposure and physical activity.	Imminent heat stroke or sunstroke.

Body temperature of 40°C or higher can be fatal.

Cold Stress

Although not as talked about as heat stress, cold stress is very much a reality. It's almost identical to heat stress because of the extreme conditions, dangers and consequences that result when it's neglected. The best way to protect against cold stress is to stay properly hydrated.

Dehydration is just as common in cold weather as it is in hot weather. And it can be more hazardous in cold weather due to thirst suppression, lack of perspiration, diuretics and increased urination. It's crucial to hydrate yourself with Sqwincher® to stay safe and healthy in the winter months.

Wind Chill Index

Apparent Dangers Posed By Cold Stress

0° to -28° C	-29° to -40° C	-41° C & Below
Discomfort to cold conditions, chilblains and frostbite possible to face and extremities.	Hypothermia possible with prolonged exposure to cold, and frostbite occurs within 10-30 minutes.	Frostbite within 5 minutes. Hypothermia imminent without proper precaution.

Body temperature of 27°C or below results in death.



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YOUR HYDRATION SOLUTION

Staying hydrated on the job isn't something that should be taken lightly. That's why Sqwincher® has been taking hydration to the next level for over 40 years. Each one of our powders has the electrolytes and nutrients bodies need to keep them hydrated, fueled and focused every day of the week.

How is Sqwincher® product different from other brands?

The specific Sqwincher® advantages are better taste, superior composition and a variety of flavours. Sqwincher® contains an optimal balance of necessary mineral nutrients also known as electrolytes (lower sodium, higher potassium) and carbohydrates which consumers prefer. Along with competitive pricing, we offer more efficient packaging than any of our competition.

What are Electrolytes?

Electrolytes are ESSENTIAL minerals your body uses for basic cell functions and sustained life.

- Consist of sodium, potassium, calcium and magnesium
- Are positive and negative charged ions
- Maintain connection or electrical current between cell membranes
- Help regulate body fluids and maintain healthy pH balance
- Sodium and potassium are key to fluid balance
- Calcium and magnesium are key to muscle function (contraction and relaxation)

PRODUCT BENEFITS

- Low Sodium
- Preferred Taste
- No Bloating Feeling
- Great Source of Potassium
- ZERO Sugar, Low Calorie Products

Should Sqwincher® be used throughout the year or only in heat-intensive environments?

Sqwincher® is comprised of elements which occur naturally in the body. It scientifically restores and sustains proper electrolyte balance through fluids which contribute to internal body performance. Wellness enhances physical performance and deters mental apathy. Drinking Sqwincher® is a preventive measure against the ill and costly effects of dehydration which occur from heat stress, cold stress, fatigue, illness, caffeine consumption and poor dietary intake, as well as a variety of other physical or work-related conditions.

PRODUCT COMPARISON

Product	Sodium	Potassium	Magnesium	Carbs	Calories
SQWINCHER® QWIK STIK	55 mg	45 mg	.47 mg	0 g	0
OTHER NATIONAL BRAND	110 mg	25 mg	not shown	16 g	55
AVERAGE SOFT DRINK	16 mg	13 mg	not shown	26.8 g	107

Product comparison based on an 8 oz. serving.

For more information to take control of your environmental hazards contact your local Wurth Canada representative for all your hydration needs.

Tel: 905.564.6225 • Web: www.wurth.ca • Email: info@wurth.ca