



HYDRATING
SINCE 1975

HYDRATE RESPONSIBLY



WHAT IS SQWINCHER?

SQWINCHER® LIQUID CONCENTRATES ARE DESIGNED TO HELP REPLENISH FLUIDS AND ELECTROLYTES, KEEPING HARD-WORKING PEOPLE GOING STRONG.

LIQUID CONCENTRATES MIX READILY WITH WATER WITH UNIQUE FORMULATIONS DESIGNED TO HELP REDUCE THE FATIGUE AND CRAMPING ASSOCIATED WITH HOT ENVIRONMENTS AND INTENSE WORK CONDITIONS.

FEATURES:

ESSENTIAL TO GOOD HEALTH

CAFFIENE + GLUTEN FREE

FLUSHES TOXINS FROM ORGANS

EXCELLENT SOURCE OF VITAMIN C

INCREDIBLY HYDRATING

TIPS ON HOW TO INCREASE HYDRATION!



MANDATE WATER BREAKS

HAVE EMPLOYEES TAKE 3 MINUTE BREAKS AT REGULAR INTERVALS THROUGHOUT THE DAY.



HYDRATION REMINDERS

SOMETIMES WORKERS SIMPLY FORGET TO DRINK UNTIL THAT FEELING OF THIRST CREEPS UP.



PROVIDE REUSABLE BOTTLES

THESE ENCOURAGE WORKERS TO KEEP WATER AND OTHER FLUIDS ON HAND AT ALL TIMES.

AN EXTRA TIP:

KEEP LARGE JUGS OF COLD FILTERED WATER READILY AVAILABLE TO DRINK THROUGHOUT THE DAY

WHAT DOES THE CURRENT M10 RANGE LOOK LIKE?

WILDBERRY 2024657
LEMON/LIME 2024658
ORANGE 2024659



WHAT'S THE RECOMMENDED WAY TO DRINK A 2L SQWINCHER CONCENTRATE?

1 PART CONCENTRATE = 10 PARTS WATER

FOR EVERY 1 CUP OF WATER (APPROX. 240ML), ADD 24ML OF LIQUID SQWINCHER CONCENTRATE.



83 X
STANDARD CUPS
240ML

! DURING STRENUOUS ACTIVITY THE BODY REQUIRES 180 - 300ML OF ELECTROLYTES EVERY 15 - 20 MINUTES !

RECOMMENDATION FOR PROPER HYDRATION:



= 3.7L OF
WATER PER DAY



= 2.7L OF
WATER PER DAY

MITRE 10