

## Why Replace Electrolytes?

In heat stress environments, the body reacts by perspiring. When this occurs, much more is lost than water; magnesium, potassium, sodium and calcium are also sacrificed. These minerals, or 'electrolytes' are crucial to the human body in maintaining healthy muscles and a productive level of energy. When too much fluid and too many electrolytes are lost, the body becomes de-hydrated. As a result, the stage is set for heat stress or more serious injury or accident. It is possible for water alone to replace lost fluid, but water cannot replace electrolytes to a level sufficient enough to prevent heat stress. Water is considered to be even less effective when used by workers with less than perfect nutritional habits or health problems.



## Why Use Sqwincher?

Sqwincher's electrolyte replacement formula is specifically designed for the high heat environments of industry.

- 50% more potassium and 50% less sodium than most competitive brands
- Absorbed by the body 98% faster than water within the 1st minute of consumption—replenishing the electrolytes lost due to perspiration and heat stress
- Taste that is preferred by workers in industrial taste tests. No salty after-taste!
- A variety of flavours and packages to choose from
- One of the most effective electrolyte replacement drinks available
- Non-carbonated—doesn't leave workers bloated or feeling heavy



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