



HYDRATION

Drinkable Electrolytes

Sqwincer® Qwik Stik™ Retail 10 Pack



- COOL CITRUS
- GRAPE
- LEMONADE
- LEMON-LIME
- MIXED BERRY
- ORANGE

BRCS

Food Safety

CERTIFICATED

**ONE QWIK STIK
MAKES 600ML**Just add one Qwik Stik to a
water bottle, shake and enjoy!

- » Mixed pack of 10 contains Cool Citrus, Lemon-Lime, Grape, Orange, Lemonade & Mixed Berry Flavours
- » Add to a 600ml drink bottle, shake and drink
- » Easy and economical portion control
- » Safely rehydrates and replaces vital electrolytes
- » Low sodium, gluten-free, caffeine-free and 99.5% sugar free
- » Always read the label and follow the instructions
- » Convenient single serve sachet packaging
- » BRC Global Food Safety Certified product

A convenient way for the worksite to replenish electrolytes.

Sqwincer® sugar free electrolyte powder, also called **Sqwincer® Qwik Stik™**, are an electrolyte enhanced beverage, which contains zero sugar. Sqwincer® Qwik Stik™ come in single serve, portion controlled sachets, which are ideal for on-the-go use.

Sqwincer Qwik Stik is an innovative, convenient, and delicious way to stay hydrated. It is a 99.5% sugar-free, electrolyte-packed, powdered drink mix that can be easily mixed with water to create a refreshing and energizing beverage. The convenient single serve stick-pack format makes it easy to take with you anywhere, including to the worksite, gym, or office. The powder mix is free of sugar and artificial sweeteners, so you can stay hydrated with a healthier option than traditional sports drinks. Instead, it is packed with electrolytes and other essential minerals and vitamins that are important for optimal hydration.

The powder mix is available in a variety of delicious flavours, including Cool Citrus, Grape, Lemonade, Lemon-Lime, Orange, and Mixed Berry. When you're in need of quick, individual hydration, there's a personal-sized Sqwincer® package designed for on-the-go lifestyles helping you quickly replace what your body sweats out.

EDUCATING WORKERS TO THE DANGER OF DEHYDRATION**DECLINE IN PRODUCTIVITY**

Mild dehydration, loss of 2% body mass or more can cause a decrease in performance of up to 50%. Symptoms create dangerous working environments.

**HEAT INJURY OR ILLNESS**

Heat injury or illness can take hold if you don't drink enough while you're active and perspiring heavily. Injuries and illnesses range from mild heat cramps to heat exhaustion and life-threatening heatstroke.

**URINARY AND KIDNEY PROBLEMS**

Urinary and kidney issues can arise after repeated or prolonged periods of dehydration. Common issues include urinary tract infections, kidney stones, and kidney failure.

**HYPOVOLEMIC SHOCK**

One of the most serious and life-threatening complications arising from dehydration is hypovolemic shock, or low blood volume shock. It happens when you lose more than 20% of your blood or fluid supply, which prevents the heart from pumping enough blood to keep the body running.

**SEIZURE AND LOSS OF CONSCIOUSNESS**

It can lead to organ failure and requires immediate emergency medical attention.

**DECREASED COGNITIVE AND MOTOR SKILLS**

Dehydration reduces concentration and reaction time, resulting in decreased cognitive and motor skills. Studies show that it only takes 2 percent dehydration to cause impaired performance in tasks that require attention, motor, and memory skills.

Sqwincer® is an electrolyte enhanced beverage for effective hydration and is the recognised leader in providing hydration solutions to hot workplaces, to help reduce heat related illness and accidents. Keep your workers safe & productive with Sqwincer® hydration that works.

**UOM**

1 Carton x 50 Packets

**SCAN TO
ORDER****RELATED PRODUCTS****Sqwincer® 750ml Bottle**
PART NO. SQBIKECLEAR**Sqwincer® Sqweeze® Retail 10 Pack**
PART NO. SQ159200201

PART NO.	DESCRIPTION
SQW100104	Sqwincer® Qwik Stik Retail 10 Pack