HYDRATION









- Perfect for the First Aid Room freezer for workers experiencing dehydration and heat stress
- Essential electrolytes for fast hydration and good health
- Caffeine free, gluten free, low sodium, great taste and low cost
- Hygienic single serve packaging
- Perfect for portion control and low cost hydration
- BRC Global Food Safety Certified product

An exciting, fun, refreshing treat with electrolyte replenishment!

These electrolyte pops go beyond flavored sugar water treats or brands. Sqwincher® Sqweeze® Electrolyte Freezer Pops are a fun way to cool you down while replenishing essential electrolytes. Regardless the lifestyle, everyone needs hydration and no two individuals are alike. Water alone can't put back the necessary electrolytes the body needs when rehydrating. When you need quick hydration on the job, reach for the unique frozen solution designed to help you replace what the body sweats out.

Sqwincher Sqweeze Pops are the perfect way to stay hydrated while working in harsh conditions. The multi flavours (Cherry, Mixed Berry, Grape, Orange and Lemon-Lime) are individually wrapped (89ml) and a convenient way to combat heat stress on the worksite. Made with Sqwincher's special blend of drinkable isotonic electrolytes, each pop contains a blend of electrolytes and minerals to help maintain energy levels, support hydration and support muscle performance. Sqweeze Pops are a frozen electrolyte-enhanced popsicles and are a great way to replenish lost fluids and electrolytes while providing a delicious and refreshing treat. With no sugar, no fat, and only 50 calories per pop, Sqwincher Sqweeze is a healthy and convenient way to keep your energy levels up and your body functioning at its best.



10 x Sqweeze Pops p/pack 15 x Sqweeze Packs p/carton



SCAN TO

PART NO.

DESCRIPTION



EDUCATING WORKERS TO THE DANGER OF DEHYDRATION



on, loss of 2% body mass or more can cause a decrease in performance of up to 50%.

eate dangerous working environments.



NURY OR ILLNESS njury or illness can take hold if you don't drink enough while you're active and perspiring h s and illnesses range from mild heat cramps to heat exhaustion and life-threatening heatstrol



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.



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

can lead to organ failure and requires immediate emergency medical attention



DECREASED COGNITIVE AND MOTOR SKILLS

Debydration 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.

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