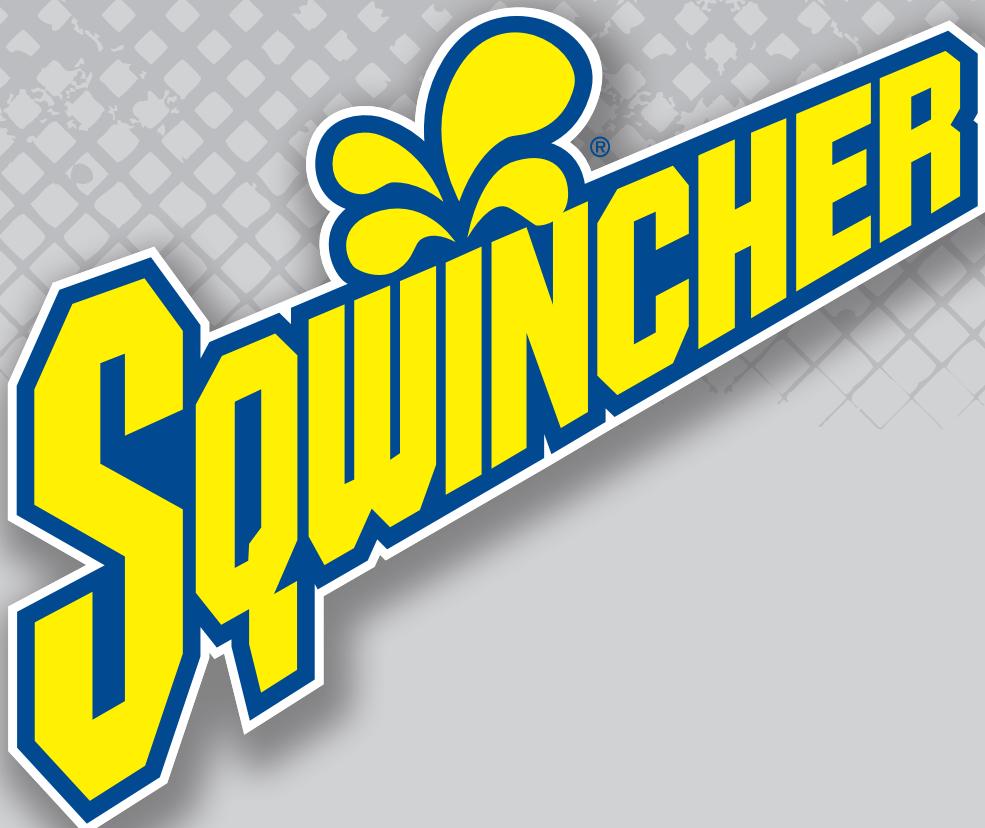


product guide



hydration that works™



HYDRATION IS SERIOUS BUSINESS. SQWINCHER® IS SERIOUS HYDRATION.

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, concentrates, ready-made drinks, freeze pops, and lower-calorie solutions 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, a variety of flavors and advanced dispensing options. 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 and dispensing programs than any of our competition.

HOW IS THE SQWINCHER® COMPANY DIFFERENT FROM OTHER BRANDS?

Sqwincher® gives customers more than just great product because there is more to hydration than product alone. Sqwincher® invests in our customers by providing tools to keep them safe and informed about risks, dangers and health within their environment. Sqwincher® provides training, assessments, Heat/Cold Stress awareness and kits, a training video library and much more.

PRODUCT BENEFITS

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

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)

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®	55 mg	45 mg	.47 mg	16 g	60
SQWINCHER® ZERO	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.



LIQUID CONCENTRATE - NO STIR FORMULA

REGULAR FORMULA:

64 OZ. YIELDS 5 GALLONS: Lemonade (11020), Lemon-Lime (11023), Orange (11021), Fruit Punch (11022), Tropical Cooler (11024), Grape (11025), Mixed Berry (11027).

ZERO FORMULA (NO SUGAR):

64 OZ. YIELDS 5 GALLONS: Lemon-Lime (11050504-LL), Orange (11050507-OR), Fruit Punch (11050502-FP), Lemonade (11050505-LEM).



- Pour liquid concentrate into an appropriate sized beverage container filled with water, measuring the concentrate based on the appropriate ratio 1:9.

Example:

- full 64 oz. yields 5 gallons

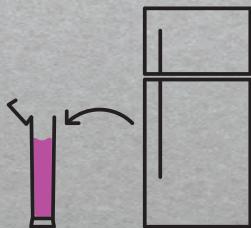
- No stirring required, ready to serve in individual cups

SQWINCHER® SQWEEZE® SPORTS ICE

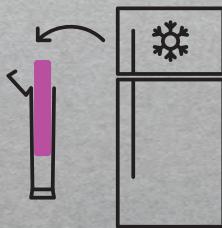


Refrigerate and drink, or freeze and eat to enjoy the cool and refreshing flavour of a Sqwincher® freezer pop. Each Sqweeze® contains 3 ounces. 10 pack of assorted flavours (11130)

- Each pack contains 2 Lemon-Lime, 2 Orange, 2 Cherry, 2 Mixed Berry, 2 Grape.



- Refrigerate and drink
- Open at tear line and drink
- Replenishes electrolytes



- Freeze and eat
- Open at tear line and squeeze frozen content upward
- Cools core temperature while replenishing electrolytes

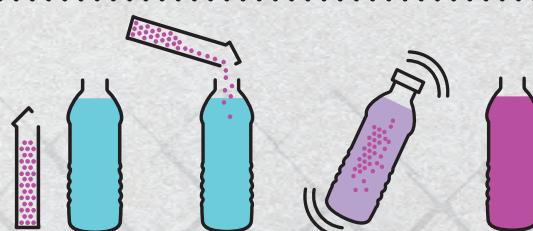
SINGLE SERVE QWIK STIK® LITE - SUGAR FREE

Cost effective and convenient for people on the go. Each package contains .11 oz powder. Each case contains 10 bags of 50 Qwik Stik® for a total of 500 Qwik Stik® per case.

Four great flavours: Orange (11060100-OR), Fruit Punch (11060102-FP), Mixed Berry (11060101-MB), Strawberry Lemonade (11060453-SL)

QWIK STIK® KWIK PAK™ (11QWKP-MF)

The plastic container has a snap lock and holds four of each flavour of the Qwik Stik® which include; Orange, Mixed Berry, Fruit Punch and Strawberry Lemonade. This ideal size fits almost anywhere including pockets, glove compartments, first aid kits, tool boxes and in vending machines, etc. The multiple flavours helps reduce flavour fatigue to ensure the worker enjoys the drink and hydrates properly. The Kwik Pak™ can be refilled from the 50 pack Qwik Stik bag controlling consumption. Kwik Pak™ box dimensions 11 mm x 9 1/2 mm x 3 mm (4 1/4" x 3 3/4" x 1 1/2").

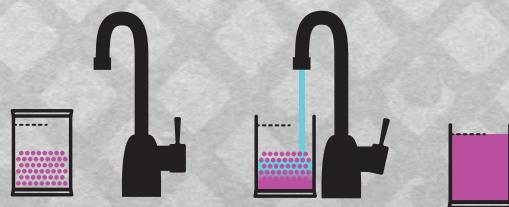


- Tear package along the dotted line
- Pour package powder directly into a 1/2 liter bottle of water
- Apply cap, shake bottle well
- Remove cap and enjoy

FAST PACK® LIQUID CONCENTRATE - THE PACK IS YOUR CUP!

Convenient and cost effective packaging format; "No Stir" concentrate. No cups, no ice, no mess. Ideal for people on the go. Each Fast Pack produces a 6 ounce drink.

Lemonade (11080), Lemon-Lime (11082), Orange (11086), Fruit Punch (11081).

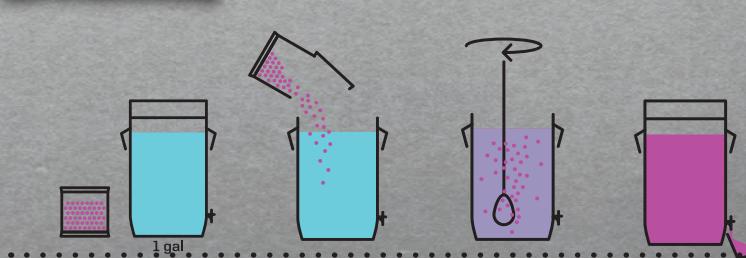


- Tear open package along the top dotted line
- Add water up to the bottom water indicator
- Drink and enjoy



POWDER PACKS™

47.66 OZ. - YIELDS 5 GALLONS:
Lemon-Lime (11063), Orange (11061), Fruit Punch (11062).



- Pour Powder Pack™ into an appropriate sized beverage container
- Add correct amount of water to the container for appropriate gallon mixture Example: for the 1 gallon yield Powder Pack™, add 1 gallon of water to the container
- Stir well and serve in individual cups



CREATE YOUR OWN SERVA-STATIONS

The most cost effective way to administer a Sqwincher® program. Choose from the Wall Mount or Bottle Water bracket. Simply mount the Wall Mount bracket near a cooler or water fountain or place the Bottle Water bracket on a standard bottle water station. Remove a cup, pump Sqwincher® to the line located near bottom of cup, pour water to line located near top of cup and enjoy the taste. No need for ice, cleaning, etc. When the Sqwincher® bottle is empty simply replace it with a new one.

BOTTLEWATER BRACKET - (11331)



WALL MOUNT BRACKET - (11301)



SQWINCHER® CUPS

- 12 OZ. (11304): Fits into the cup dispenser. Pre-measured for easy mixing.
5 OZ. (200106): Cups are more popular with coolers.
4 OZ. (11307): Cone Cups.



UNIVERSAL CUP DISPENSER - (11306)

Fits onto most industrial sized beverage coolers as well as works well with Sqwincher® ServaStations.
Holds 4, 5, and 12 oz. cups.



SQWINCHER® SQUEEZE BOTTLES - (11315)

Portable and convenient 18 oz. bottle for use with Sqwincher® liquid concentrate or Sqwincher® Qwik Stik®. The squeeze bottle is pre-measured for Qwik Stik® and concentrate to provide the right mixture.

SQWINCHER® COOLERS

1 gallon (11336), 2 gallon (11337) & 5 gallon (11338) Coolers

Sqwincher® Coolers are rugged and durable. Available in 1, 2 and 5 gallon sizes that can be conveniently located around the plant or on construction sites to ensure easy access to Sqwincher®. Coolers come with easy push button spout, cup dispenser attachment, carrying handles and screw top lid. The Sqwincher® logo on the cooler helps to identify the cooler.





YOUR HYDRATION SOLUTION

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°-37° C	38°-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.

For more information to take control of your environmental hazards contact Dentec Safety for all your hydration needs. Take advantage of literature and more detailed information such as:

- Heat Index, Wind Chill and Urine Charts
- Heat and Cold Stress Programs
- Heat Stress Assessments
- Heat and Cold Stress Training
- Hydration Central - Training