



COMPARISON
ELECTROLYTES & HYDRATION

Sqwincher® VS The Rest

THE DIFFERENCE



	SQWINCHER® ELECTROLYTE Qwik Stik 99.5% Sugar Free	INDUSTRIAL ELECTROLYTE Comparison 1	PHARMACY ELECTROLYTE Comparison 2	SPORTS ELECTROLYTE Comparison 3
SODIUM	138 mg	202.50 mg	840 mg	168 mg
POTASSIUM	114 mg	88.50 mg	480 mg	198 mg
SUGARS	Less than 1g	0.07 g	15 g	34 g
CALORIES	5 cal	3 cal	60 cal	150 cal

Based on a serving size of 600ml

THE FACTS



Sqwincher® has the lowest amount of sodium per 600ml vs the rest: To reduce blood pressure and lower the risk of heart disease, the Heart Foundation recommends adults eat less than 5g of salt (2000mg of sodium) a day. That's less than a teaspoon a day¹.



Sqwincher® has a superior balance of potassium: Potassium is a vital electrolyte in the human body necessary for muscle contraction, carbohydrate metabolism, fluid balance, cognition and heart function in preventing high blood pressure. Recommended daily intake of potassium for an adult is about 4700mh per day².



Sqwincher® is available in the widest range of consumer packaging designed specifically for the workplace: These include portion controlled packets that eliminate product wastage/overuse and are available in 3 different forms; powdered, liquid concentrate, frozen, and include both regular and sugar-free options.



Sqwincher® scores highest for taste and palatability: Research shows that increasing the palatability of water helps increase fluid intake and aids hydration³. By enhancing the taste and appeal of water, individuals are more likely to consume larger amounts, thus ensuring proper hydration levels and supporting overall well-being.



Low cost per serve: A notable advantage of Sqwincher® compared to sports and pharmacy electrolytes is its low cost per serving. When comparing the cost per serve, Sqwincher® emerges as a more cost-effective option making it easier to maintain consistent hydration practices without straining budgets.

Sqwincher has served Australasian workers since 1999 and is the leading industrial hydration drink.

It costs less to prevent a heat related accident or illness than it does to recover from one.

Sqwincher uses only the highest quality ingredients as well as having the highest manufacturing standards.

BRCS

Food Safety

CERTIFICATED



PROFESSIONAL GRADE HYDRATION™

REHYDRATES & REPLACES VITAL ELECTROLYTES



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SQWINCHER® IS A COMPLETE WORKSITE HYDRATION SOLUTION



To ensure a safe working environment, an adequate supply of cool drinking water and providing Sqwincher® electrolyte replenishment is crucial for the prevention of dehydration, heat stress, injury and in the worst cases, death. Sqwincher is a recognised leader in hydration solutions and their electrolyte enhanced products for effective hydration.

Research comparing 53 electrolyte products, independent tests¹ with food technologists², interviews with medical professionals and sports nutrition experts have identified **5 KEY REASONS WHY SQWINCHER® IS THE LEADING CHOICE FOR EFFECTIVE HYDRATION.**

1



TASTE & PALATABILITY

FAST FACTS

Increasing the palatability of water, increases fluid consumption and aids hydration programs.

RESULTS

In a blind taste test against leading brands, Sqwincher scored highest on preferred taste.

2



MORE DELIVERY FORMATS

FAST FACTS

Hydration programs should seek to make the delivery of water and electrolytes as easy as possible.

RESULTS

In a study of 22 electrolyte brands, Sqwincher® scored highest on the number of delivery formats³.

3



LOW COST PER SERVE

FAST FACTS

A reliable and affordable electrolyte solution should be accessible to a wide range of end users.

RESULTS

Sqwincher® has both liquid concentrate and powdered formats that keep cost per serve low.

4



LOWER SODIUM VS THE REST

FAST FACTS

High intakes of salt can increase your blood pressure and your risk of cardiovascular disease.

RESULTS

Comparing 53 electrolyte products, Sqwincher® scored one of the lowest sodium levels.

5



REGULAR & SUGAR FREE

FAST FACTS

During strenuous activity for over 1 - 2 hours, it is recommended to ingest sugars to aid hydration.

RESULTS

Sqwincher® has both regular sugar and sugar free options for an end to end hydration program.

TESTIMONIAL

“An outstanding feature of the Sqwincher® range of products is that they contain some of the lowest sodium contents on a per serve basis of any product in the market. This is an important benefit for any individual who wishes to maintain good hydration whilst managing a low sodium outcome in their daily dietary regime.”

PETER SKARSHIEWSKI / Food Technologist / Food for Thought

REMEMBER DEHYDRATION IS 100% PREVENTABLE

1. https://www.heartfoundation.org.au/getmedia/71dc9882-713b-405f-8e54-8de413e0b44d/190729_Nutrition_Position_Statement_-_Salt2.pdf / 2. <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/how-potassium-can-help-control-high-blood-pressure> / 3. https://www.researchgate.net/profile/Catrina_Burdon/publication/225301800_Influence_of_Beverage_Temperature_on_Palatibility_and_Fluid_Ingestion_During_Endurance_Exercise_A_Systematic_Review/links/0c960515ccc8976eb2000000/Influence-of-Beverage-Temperature-on-Palatibility-and-Fluid-Ingestion-During-Endurance-Exercise-A-Systematic-Review.pdf / 4. RRP for 50 Pack Qwik Stik is \$59.95; 1 stick = 1.19c; 1 Sqwincher Qwik Stik makes 600ml @ 1.19c compared to sports drinks retailing at \$3 per 600ml / 5. Peter Skarshewski, Food Technologist, Food for Thought Consulting. / 6. Blind taste tests conducted with teams of GPS Rugby Club, Brisbane 2017. / 7. Analysis of electrolyte hydration products marketed in Australia 2019.

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