



hydration that works®



64oz Liquid Concentrate



- 64oz concentrate mix, yields 5 gallons
- Mix 1 part concentrate to 9 parts water
- Low sodium
- Gluten free
- Formula: Regular
- Case: (6) 64oz bottles
- Cases per pallet: 60



**NEW
CLEAR FORMULA
AVAILABLE!**

MFR PART#	FLAVOR	CONTROL #
159030319	Strawberry Lemonade	9971610
159030320	Mixed Berry	9971611
159030321	Cherry	9971612
159030322	Grape	9971613
159030323	Lemonade	9971614
159030324	Orange	9971615
159030325	Fruit Punch	9971616
159030328	Lemon-Lime	9971617
159030329	Tropical Cooler	9971618
159030330	Cool Citrus	9971619
159030873	Clear - Fruit Punch NEW!	-
159030875	Clear - Orange NEW!	-

ORIGINAL FORMULA



Fast Pack® - Liquid Concentrate



- 1 pack yields 6oz
- Pack is your cup, simply add water to the fill line
- No stirring required
- Low sodium
- Gluten free
- Formula: Regular
- Case: (200) .6oz packs
- Cases per pallet: 80

MFR PART#	FLAVOR	CONTROL #
159015300	Mixed Berry	9971620
159015301	Cherry	9971621
159015302	Grape	9971622
159015303	Lemonade	9971623
159015304	Orange	9971624
159015305	Fruit Punch	9971625
159015306	Tea	9971626
159015308	Lemon-Lime	9971627
159015309	Tropical Cooler	9971628
159015310	Cool Citrus	9971629



Powder Mix - 1 Gallon Yield



- Powder electrolyte drink mix
- Mixes easily with water
- Low sodium
- Gluten free
- Formula: Regular
- Case: (80) 9.53oz bags
- Cases per pallet: 30

MFR PART#	FLAVOR	CONTROL #
159016004	Orange	-
159016005	Fruit Punch	-
159016006	Grape	-
159016007	Assorted	9971631
159016008	Lemon-Lime	-





Powder Mix - 2.5 Gallon Yield



- Powder electrolyte drink mix
- Mixes easily with water
- Low sodium
- Gluten free
- Formula: Regular
- Case: (32) 23.83oz bags
- Cases per pallet: 36

MFR PART#	FLAVOR	CONTROL #
159016040	Lemonade	-
159016041	Orange	9971601
159016042	Fruit Punch	9971602
159016043	Lemon-Lime	9971603
159016044	Assorted	9971630
159016045	Tea	-
159016046	Grape	9971606
159016047	Cherry	-
159016048	Mixed Berry	9971608
159016049	Tropical Cooler	-
159016050	Cool Citrus	-



Power Mix - 5 Gallon Yield



- Powder electrolyte drink mix
- Mixes easily with water
- Low sodium
- Gluten free
- Formula: Regular
- Case: (16) 47.66oz bags
- Cases per pallet: 44

MFR PART#	FLAVOR	CONTROL #
159016400	Mixed Berry	9971633
159016401	Cherry	9971634
159016402	Cool Citrus	9971635
159016403	Lemonade	9971636
159016404	Orange	9971637
159016405	Fruit Punch	9971632
159016406	Grape	9971638
159016408	Lemon-Lime	9971639
159016409	Tropical Cooler	9971640

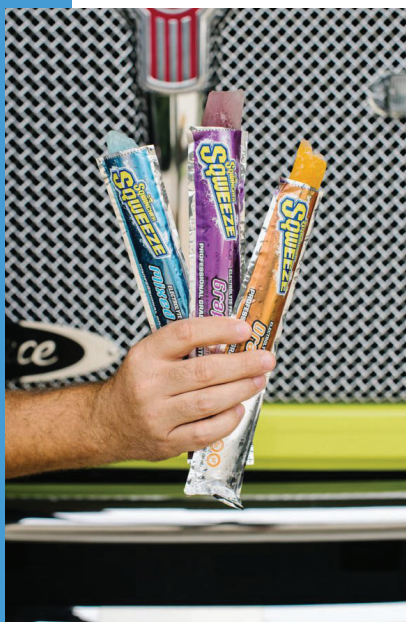




QwikServ® Powder Stik (original formula)

- 1 stik yields 16oz
- Mixes easily with water
- Low sodium
- Gluten free
- Formula: Regular
- Case: (96) 1.26oz stiks
- Cases per pallet: 72

MFR PART#	FLAVOR	CONTROL #
159060900	Orange	9971650
159060901	Fruit Punch	9971651
159060902	Lemon-Lime	9971652
159060904	Grape	9971653



Squincher Squeeze® Freezer Pops

- Hydration made easy-just freeze and serve
- Low sodium
- Gluten free
- Formula: Regular
- Case: (150) 3oz pops
- Cases per pallet: 60

Assorted flavors include: Cherry, Grape, Lemon-Lime, Mixed Berry, & Orange

MFR PART#	FLAVOR	CONTROL #
159200201	Squeeze® Pops - Assorted	9971655



20oz - Widemouth Bottles RTD

- Ready to drink in plastic bottle
- Low sodium
- Gluten free
- Formula: Regular
- Case: (24) 20oz bottles
- Cases per pallet: 54
- Pallet minimum order quantity (54) for non-stocking flavors

MFR PART#	FLAVOR	CONTROL #
159030530	Mixed Berry	9971660
159030531	Cool Citrus	9971661
159030532	Grape	9971662
159030534	Orange	9971663
159030535	Fruit Punch	9971664
159030536	Strawberry Lemonade	9971665
159030538	Lemon-Lime	9971666





64oz ZERO Liquid Concentrate



- 64oz concentrate mix, yields 5 gallons
- Mix 1 part concentrate to 9 parts water
- Low sodium
- Gluten free
- Formula: Sugar Free
- Case: (6) 64oz bottles
- Cases per pallet: 60



**NEW
CLEAR FORMULA
AVAILABLE!**

MFR PART#	FLAVOR	CONTROL #
159050102	Fruit Punch	9971670
159050103	Grape	9971671
159050104	Lemon-Lime	9971672
159050106	Mixed Berry	9971673
159050107	Orange	9971674
159030874	Clear - Fruit Punch NEW!	-
159030876	Clear - Orange NEW!	-



Fast Pack® ZERO - Liquid Concentrate



- .6oz concentrate yields 6oz
- Pack is your cup, simply add water to the fill line
- No stirring required
- Low sodium
- Gluten free
- Formula: Sugar free
- Case: (200) .6oz packs
- Cases per pallet: 80

MFR PART#	FLAVOR	CONTROL #
159015500	Orange	9971680
159015501	Fruit Punch	9971681





ZERO Powder Mix - 2.5 Gallon Yield

- 1 stik yields 2.5 gallons
- Mixes easily with water
- Low sodium
- Gluten free
- Formula: Sugar Free
- Case: (32) 1.76oz stiks
- Cases per pallet: 168

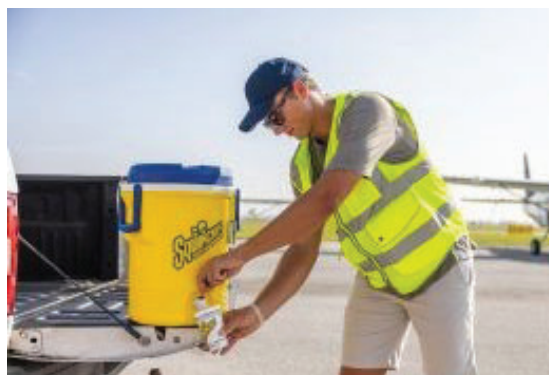
MFR PART#	FLAVOR	CONTROL #
159016800	Lemon-Lime	-
159016801	Orange	-
159016802	Assorted	9971685
159016803	Fruit Punch	-
159016804	Grape	-



Qwik Stik® ZERO Powder Stiks - 20oz Yield

- 1 stik yields 20oz
- Just pour into water, mix gently and enjoy
- Convenient, on the go electrolyte replenishment
- Low sodium
- Gluten free
- Formula: Sugar Free
- Case: (500) .11oz stiks
- Cases per pallet: 96

MFR PART#	FLAVOR	CONTROL #
159060099	Strawberry Lemonade	9971690
159060100	Orange	9971691
159060101	Mixed Berry	9971692
159060102	Fruit Punch	9971693
159060103	Lemonade	9971694
159060098	Lemonade Tea	9971695
159060097	Watermelon	9971696
159060106	Lemon-Lime	9971697
159060107	Grape	9971698
159060109	Cool Citrus	9971699





Qwik Stik® ZERO Powder Stiks - 10oz Yield



- 1 stik yields 8-10oz
- Just pour into water, mix gently and enjoy
- Convenient, on the go electrolyte replenishment
- Bulk packed
- Low sodium
- Gluten free
- Formula: Sugar Free
- Case: (500) .06oz stiks
- Cases per pallet: 96

MFR PART#	FLAVOR	CONTROL #
159060200	Orange	9981630
159060201	Mixed Berry	9981631
159060202	Fruit Punch	9981632
159060203	Lemonade	9981639
159060204	Grape	9981633
159060205	Lemon-Lime	9981634



Qwik Stik® ZERO 20oz Powder Stiks in 10 Count Tubes



- 1 stik yields 20oz
- Just pour into water, mix gently and enjoy
- Convenient, on the go electrolyte replenishment
- Packed 10 stiks per tube
- Low sodium
- Perfect for vending machines
- Gluten free
- Formula: Sugar Free
- Case: 20 tubes of 10 (.11 oz) stiks
- Cases per pallet: 108

Assorted flavors include: Fruit Punch, Orange, Mixed Berry, & Strawberry Lemonade - 20 tubes per box - 5 tubes of 4 flavors (10 stiks of one flavor per tube)

MFR PART#	FLAVOR	CONTROL #
159060119	Qwik Stik® ZERO - Assorted	9981610





Squwincher Squeeze® ZERO Freezer Pops



- Hydration made easy-just freeze and serve
- Low sodium
- Gluten free
- Formula: Sugar free
- Case: (150) 3oz pops
- Cases per pallet: 60

Assorted flavors include: Dragon Fruit, Fruit Punch, Mixed Berry, Orange & Watermelon

MFR PART#	FLAVOR	CONTROL #
159200231	Squeeze® ZERO Pops - Assorted	9981620



20oz ZERO Widemouth Bottles RTD

- Ready to drink in plastic bottle
- Low sodium
- Gluten free
- Formula: Sugar free
- Case: (24) 20oz bottles
- Cases per pallet: 54
- Pallet minimum order quantity (54) for non-stocking flavors

MFR PART#	FLAVOR	CONTROL #
159030800	Fruit Punch	9981635
159030801	Orange	9981636
159030803	Grape	9981637
159030804	Mixed Berry	9981638





20oz EverLyte® Powder Stiks



- 1 stik yields 16.9 - 20oz
- Mixes easily with water
- Low sodium
- Gluten free
- Clear-no color added
- No preservatives
- Lower calories than original formulation
- No artificial sweeteners
- Naturally flavored
- Formula: Reduced sugar
- Case: (96) 1oz stiks
- Cases per pallet: 72



MFR PART#	FLAVOR	CONTROL #
159060280	Grape	9981660
159060281	Orange	9981661
159060282	Fruit Punch	9981662
159060283	Lemon-Lime	9981663

FORMULATION INDEX

Comparison below based on 12 fl oz – Powder Mix Formulations



	Original	Sugar Free, Low Calorie	Clear Formulation
Calories ----	90	5	60
Carbs -----	22g	1g	15g
Sugar -----	22g	0g	14g
Sodium ----	65mg	85mg	70mg
Potassium ----	50mg	70mg	65mg
	Regular Formulation	Sugar Free Formulation	Reduced Sugar Formulation – No Colors or Preservatives

Electrolytes Explained

Your body runs on electricity, whether it's the neurons firing in your brain or the pumping of your heart. Electrolytes are chemicals that conduct electricity when dissolved in water. When they interact with other electrolytes and with cells, they keep the body's small electric currents flowing. Not only does this help your body's natural processes run smoothly, but it's also essential for your survival.

We use one word to describe them, but electrolytes are really a family of chemicals. There are different types, each providing a different charge, either positive or negative, to trigger a reaction in the body. In fact, you probably know a few of the most common ones already by their more familiar names:

Symptoms of Electrolyte Imbalance

Depending on the type of electrolyte, different symptoms can occur when there is an imbalance. Some symptoms to watch for on the job include:

- » Twitching or muscle spasms
- » Extreme thirst
- » Confusion
- » Sudden moodiness or irritability
- » Frequent urination
- » Lethargy
- » Nausea, stomach pain, or vomiting

If anyone displays the signs of electrolyte imbalance, treat it immediately and call for medical assistance if necessary.

Replenishing Electrolytes

Keeping a water bottle with you at all times and taking breaks is essential, but it doesn't always mean you're in the clear.

Sports drinks and similar drinks are a popular option for maintaining a healthy electrolyte balance. There are even low-calorie and low-sugar **alternatives** that provide electrolyte-rich drinks to accommodate special diets.

Fluids are important, but you can also get electrolytes from what you eat. A healthy diet full of fruits and vegetables is the best way to keep your levels where they should be. People who eat a healthy diet often consume enough electrolytes to keep them going through most activities. If your job is physically demanding, however, consider supplementing with a drink designed to replenish electrolytes.

Keep in mind that some physical conditions can increase your chances of developing an electrolyte imbalance. The kidneys, for instance, play a key role in monitoring electrolyte levels and filtering out the excess. If you have a kidney disease, it might affect how often you need to replenish and how quickly symptoms can set in.



SQWINCHER HYDRATION SOLUTIONS

HYDRATION SOLUTIONS

FOR THE WORKING WORLD



Understanding how worker performance and efficiency is affected by environmental conditions is critical to reducing dehydration-related illnesses and accidents. At Squwincher, we are committed to providing hydration education and solutions that help companies meet the needs of all workers – 365 days a year.

FACTS:



THE BODY IS 60-70% WATER*

Maintaining and balancing the body's fluid level is imperative. Factors that contribute to fluid loss include:

- Sweating between skin and winter clothing
- Exhaling
- Urination (increases in cold weather)
- Diuretic intake
- Natural body exertion to maintain core temperature (e.g. shivering)

*Varying factors: age, gender, environment and conditioning

FLUID LOSS	RESULT
2%	Impaired performance
4%	Muscular function and capacity declines
6%	Fatigue and exhaustion
8%	Hallucination and disorientation
10%	Circulatory collapse and hypothermia

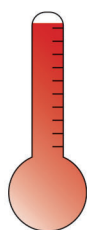
HYDRATION LEVEL CHART:

USE THE COLOR CHART TO IDENTIFY HYDRATION LEVEL.

TARGET LEVEL Maintain level			PROPERLY HYDRATED — If urine resembles or matches these colors.
DEHYDRATED Needs improvement			DEHYDRATED — If urine resembles or matches these colors more fluids should be consumed.
SEVERELY DEHYDRATED Requires Immediate attention			SEVERELY DEHYDRATED — If urine matches these colors, SERIOUS DEHYDRATION has occurred. Contact a physician.

HEAT FACTORS:

Contributing to elevated body temperature and rapid fluid loss:



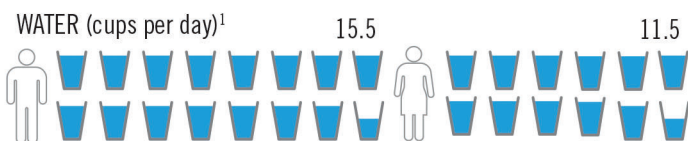
- High temperature and humidity
- Level of exertion/work load or strain
- PPE and heavy clothing
- Poor air flow and circulation
- Machine/equipment heat
- Direct sunlight exposure
- Medical precondition
- Lack of physical conditioning

HEAT INDEX:

APPARENT DANGERS POSED BY HEAT STRESS

90° to 100° F	101° to 129° F	130° F +
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.

RECOMMENDATION FOR PROPER HYDRATION:



In colder environments and/or strenuous activity, an increase in fluid intake may be necessary.

ELECTROLYTES



6-10 oz. every 15-20 minutes during strenuous activity, especially in hot environments.

*Individual circumstances may vary. Include water with electrolyte consumption.

Water is necessary, but water alone will not replace lost nutrients and minerals such as electrolytes. Electrolytes consist of minerals such as sodium, potassium, magnesium and calcium, which are critical for cell and muscular function.



¹ Increase intake in hotter environments and/or during strenuous activity. Source: Water: How much should you drink every day? <http://www.mayoclinic.com/health/water/NU00283>

² Source: Role of Carbohydrate-Electrolyte Fluid Replacement in the Industrial Environment. Human Performance Laboratory, University of Alabama, Tuscaloosa, AL.

This safety information is provided by The Squwincher® Corporation as a public service to industry and the industrial worker.

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