



Don't gamble
with heat stress.

Trust Squwincher®
brand.

INDUSTRIAL PRODUCT GUIDE
2026



hydration that works®

G. F. Lasswell Company, Inc.
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Manufacturers' Redistributor

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**2% IS
IMPAIRED.
10% IS
DEADLY.**

Know the signs of
fluid/electrolyte loss:

- 2% Impairment
- 4% Declining Function
- 6% Heat Exhaustion
- 8% Hallucination
- 10% Heat Stroke



Sources: Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

U.S. Department of Labor / Occupational
Safety and Health Administration (OSHA)

https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii4.html

hydration *that works*®

It's critical for employers to protect workers from heat-related illnesses and injuries when working in high heat environments. For any occupation that involves working in high heat environments, it's important to be aware of environmental conditions and take steps to prepare for dangerous heat hazards, both outdoor and indoor.

Sqwincher® hydration solutions are specifically designed to help prevent worker dehydration and recover from heat stress related issues. Our wide range of unique packaging options provide a perfect way to stay hydrated throughout the day, and with a variety of delicious, refreshing flavors, hydrating has never been more enjoyable!

But it's not just about taste - our products are formulated with essential electrolytes (sodium and potassium) required to replenish those lost through perspiration and respiration. This helps prevent dehydration and heat stress, which can lead to accidents, injuries, and illnesses. Sqwincher® products are internal PPE designed to protect workers from the inside out. Keep them hydrated, safe and productive with Sqwincher® hydration solutions - the ultimate hydration safety "gear"!

FORMULATION

Use the color key to find your formula.

 FORMULATION 	PORTFOLIO AVAILABILITY				
	Freezer Pop	Single Serve	Ready to Drink	Powder	Liquid
 ORIGINAL • Hydrating since 1975 • Gluten Free					
 SUGAR FREE, LOW CALORIE • Gluten Free • Excellent Source of Vitamin C (ZERO Powder Products Only) *2.5 gallon yield ZERO powder and single serve Qwik 50k® ZERO. Nutritional information available at www.sqwincher.com/all-products					
 CLEAR FORMULATION • No color or dyes • No preservatives • No artificial sweeteners • Gluten Free					



ELECTROLYTE FREEZER POPS



3 FL OZ SQWINCHER SQWEEZE®

FLAVOR	SKU	CONTROL #
ASSORTED	159060962	9971655

Assorted Pack Flavors Include: Cherry, Orange, Grape, Lemon-Lime and Mixed Berry



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



3 FL OZ SQWINCHER SQWEEZE® ZERO

FLAVOR	SKU	CONTROL #
ASSORTED ZERO	159200231	9981620

ZERO Assorted Pack Flavors Include: Watermelon, Orange, Dragon Fruit, Punch & Mixed Berry



- Hydration made easy-just freeze and serve
- Low sodium and gluten free
- Formula: Sugar free
- Case: (150) 3oz pops-15 bags of 10
- Cases per pallet: 60

FREEZER POPS



SINGLE SERVE



- 1 stik yields 20oz
- Just pour into water, mix gently and enjoy
- Convenient, on the go electrolyte replenishment
- Low sodium and gluten free
- Formula: Sugar Free
- Case: (500) .11oz stiks-10 packs of 50
- Cases per pallet: 96



- 1 stik yields 20oz
- Just pour into water, mix gently and enjoy
- Convenient, on the go electrolyte replenishment
- Low sodium and gluten free
- Perfect for vending machines
- Formula: Sugar Free
- Case: (200) 20 tubes of 10 (.11oz) stiks
- Cases per pallet: 192



- 1 stik yields 10oz
- Just pour into water, mix gently and enjoy
- Convenient, on the go electrolyte replenishment
- Low sodium and gluten free
- Formula: Sugar Free
- Case: (500) .06oz stiks- 10 packs of 50
- Cases per pallet: 96



20 FL OZ YIELD QWIK STIK® ZERO

FLAVOR	SKU	CONTROL #
STRAWBERRY LEMONADE	159060099	9971690
ORANGE	159060100	9971691
MIXED BERRY	159060101	9971692
FRUIT PUNCH	159060102	9971693
LEMONADE	159060103	9971694
LEMONADE TEA	159060098	9971695
WATERMELON	159060097	9971696
LEMON-LIME	159060106	9971697
GRAPE	159060107	9971698

20 FL OZ YIELD QWIK STIK® ZERO TUBE

FLAVOR	SKU	CONTROL #
ASSORTED	159060119	9981610

Assorted Flavors Include: Fruit Punch, Orange, Mixed Berry and Strawberry Lemonade

20 Tubes Per Box - 5 Tubes of 4 Flavors (10 sticks of one flavor per tube)

10 FL OZ YIELD QWIK STIK® ZERO

FLAVOR	SKU	CONTROL #
ORANGE	159060200	9981630
MIXED BERRY	159060201	9981631
FRUIT PUNCH	159060202	9981632
LEMONADE	159060203	9981639
GRAPE	159060204	9981633
LEMON-LIME	159060205	9981634



SINGLE SERVE



NEW!



20 FL OZ YIELD QWIK STIK® - DYE FREE

FLAVOR	SKU	CONTROL #
COOL CITRUS	159060109	9971699
COCONUT	159060972	-
MANGO	159060973	-
PINEAPPLE	159060974	-
STRAWBERRY KIWI	159060975	-

- 1 stik yields 20oz
- Mixes easily with water
- No dyes
- Formula: Sugar Free
- Case: (500) .11oz stiks-10 packs of 50
- Cases per pallet: 96



QWIKSERV®

FLAVOR	SKU	CONTROL #
ORANGE	159060965	9971650
FRUIT PUNCH	159060966	9971651
LEMON-LIME	159060964	9971652
GRAPE	159060967	9971653

- 1 stik yields 16.9oz
- Mixes easily with water
- Low sodium and gluten free
- Formula: Regular
- Case: (100) 1.26oz stiks-**Bulk Packed**
- Cases per pallet: 72



20 FL OZ YIELD EVERLYTE® STICK

FLAVOR	SKU	CONTROL #
GRAPE	159060968	9981660
ORANGE	159060969	9981661
FRUIT PUNCH	159060970	9981662
LEMON-LIME	159060971	9981663

- 1 stik yields 20oz
- Mixes easily with water
- Low sodium and gluten free
- Clear-no color added
- No preservatives
- Less calories than original formulation
- No artificial sweeteners
- Naturally flavored
- Formula: Reduced sugar
- Case: (100) 1oz stiks-**Bulk Packed**
- Cases per pallet: 72

SINGLE SERVE



READY-TO-DRINK



Single serving bottles for quick delivery of hydration—no mixing required!

- Ready to drink in plastic bottle
- Low sodium and gluten free
- **FOB Houston-Not eligible for pre-paid shipments**
- Formula: Regular
- Case: (24) 20oz bottles
- Cases per pallet: 54
- **Pallet minimum order quantity (54) for non-stocking flavors**



20 FL OZ WIDEMOUTH BOTTLE

FLAVOR	SKU	CONTROL #
MIXED BERRY	159030530	9971660
COOL CITRUS	159030531	9971661
GRAPE	159030532	9971662
ORANGE	159030534	9971663
FRUIT PUNCH	159030535	9971664
STRAWBERRY LEMONADE	159030536	9971665
LEMON-LIME	159030538	9971666

- Ready to drink in plastic bottle
- Low sodium and gluten free
- **FOB Houston-Not eligible for pre-paid shipments**
- Formula: Sugar free
- Case: (24) 20oz bottles
- Cases per pallet: 54
- **Pallet minimum order quantity (54) for non-stocking flavors**



20 FL OZ WIDEMOUTH ZERO BOTTLE

FLAVOR	SKU	CONTROL #
FRUIT PUNCH	159030800	9981635
ORANGE	159030801	9981636
GRAPE	159030803	9981637
MIXED BERRY	159030804	9981638



FASTPACK®

Maximize storage space and minimize waste. Add water and drink directly from the Squincher® FastPack® packages for instant electrolyte replenishment.

- 1 pack yields 6oz
- Pack is your cup, simply add water to the fill line
- No stirring required
- Low sodium and gluten free
- Formula: Regular
- Case: (200) .6oz packs- 4 boxes of 50
- Cases per pallet: 80



6 FL OZ FASTPACK®

FLAVOR	SKU	CONTROL #
MIXED BERRY	159015300	9971620
CHERRY	159015301	9971621
GRAPE	159015302	9971622
LEMONADE	159015303	9971623
ORANGE	159015304	9971624
FRUIT PUNCH	159015305	9971625
TEA	159015306	9971626
LEMON-LIME	159015308	9971627
TROPICAL COOLER	159015309	9971628
COOL CITRUS	159015310	9971629

- 6oz concentrate yields 6oz
- Pack is your cup, simply add water to the fill line
- No stirring required
- Low sodium and gluten free
- Formula: Sugar free
- Case: (200) .6oz packs- 4 boxes of 50
- Cases per pallet: 80



6 FL OZ FASTPACK® ZERO

FLAVOR	SKU	CONTROL #
ORANGE	159015500	9971680
FRUIT PUNCH	159015501	9971681



POWDER PACKS



Squincher® PowderPack™ powder mixes easily in water, providing refreshing, hydration for anyone affected by high heat environments.



1 GALLON POWDER PACK™

FLAVOR	SKU	CONTROL #
ORANGE	159016004	-
FRUIT PUNCH	159016005	-
GRAPE	159016006	-
ASSORTMENT	159016007	9971631
LEMON-LIME	159016008	-

Assortment includes equal product mix of Fruit Punch, Grape, Lemon-Lime and Orange flavors.

- Powder electrolyte drink mix
- Mixes easily with water
- Low sodium and gluten free
- Formula: Regular
- Case: (80) 9.53oz bags - 4 boxes of 20
- Cases per pallet: 30



2.5 GALLON POWDER PACK™

FLAVOR	SKU	CONTROL #
LEMONADE	159016040	-
ORANGE	159016041	9971601
FRUIT PUNCH	159016042	9971602
LEMON-LIME	159016043	9971603
ASSORTMENT	159016044	9971630
GRAPE	159016046	9971606
CHERRY	159016047	-
MIXED BERRY	159016048	9971608
TROPICAL COOLER	159016049	-
COOL CITRUS	159016050	-

Assortment includes equal product mix of Fruit Punch, Grape, Lemon-Lime and Orange flavors.

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



5 GALLON POWDER PACK™

FLAVOR	SKU	CONTROL #
MIXED BERRY	159016400	9971633
CHERRY	159016401	9971634
COOL CITRUS	159016402	9971635
LEMONADE	159016403	9971636
ORANGE	159016404	9971637
FRUIT PUNCH	159016405	9971632
GRAPE	159016406	9971638
LEMON-LIME	159016408	9971639
TROPICAL COOLER	159016409	9971640

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



2.5 GALLON ZERO POWDER PACK™

FLAVOR	SKU	CONTROL #
LEMON-LIME	159016800	-
ORANGE	159016801	-
FRUIT PUNCH	159016803	-
GRAPE	159016804	-
ASSORTMENT	159016802	9971685

Assortment includes equal product mix of Fruit Punch, Grape, Lemon-Lime and Orange flavors.

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



LIQUID CONCENTRATES

Sqwincher® and Sqwincher ZERO® liquid concentrates make it easy to deliver a lot of hydrating refreshment to the workplace. Mix with water directly in 5 gallon coolers.

- 64oz concentrate mix, yields 5 gallons
- Low sodium and gluten free
- Formula: Regular
- Case: (6) 64oz bottles
- Cases per pallet: 60



64 FL OZ - 5 GALLON YIELD

FLAVOR	SKU	CONTROL #
STRAWBERRY LEMONADE	159030319	9971610
MIXED BERRY	159030320	9971611
CHERRY	159030321	9971612
GRAPE	159030322	9971613
LEMONADE	159030323	9971614
ORANGE	159030324	9971615
FRUIT PUNCH	159030325	9971616
LEMON-LIME	159030328	9971617
TROPICAL COOLER	159030329	9971618
COOL CITRUS	159030330	9971619

- 64oz concentrate mix, yields 5 gallons
- Low sodium and gluten free
- Formula: Sugar Free
- Case: (6) 64oz bottles
- Cases per pallet: 60



64 FL OZ ZERO - 5 GALLON YIELD

FLAVOR	SKU	CONTROL #
FRUIT PUNCH	159050102	9971670
GRAPE	159050103	9971671
LEMON-LIME	159050104	9971672
MIXED BERRY	159050106	9971673
ORANGE	159050107	9971674



CLEAR LIQUID CONCENTRATES

- 64oz concentrate mix, yields 5 gallons
- Contains no dyes or colors
- Low sodium and gluten free
- Formula: Regular
- Case: (6) 64oz bottles
- Cases per pallet: 60



64 FL OZ CLEAR - 5 GALLON YIELD

FLAVOR	SKU	CONTROL #
FRUIT PUNCH	159030873	-
ORANGE	159030875	-

- 64oz concentrate mix, yields 5 gallons
- Contains no dyes or colors
- Calorie free
- Low sodium and gluten free
- Formula: Sugar Free-sweetened with sucralose
- Case: (6) 64oz bottles
- Cases per pallet: 60



64 FL OZ ZERO CLEAR - 5 GALLON YIELD

FLAVOR	SKU	CONTROL #
FRUIT PUNCH	159030874	-
ORANGE	159030876	-

Heat Stress Management



CHECK YOUR URINE COLOR TO MONITOR YOUR BODY FLUID LEVELS.

- Severe Dehydration:** Contact a physician to determine the severity of dehydration.
- Dehydration:** More fluids should be consumed immediately.
- Hydrated:** You are properly hydrated.
- Overhydration:** Clear urine is a sign of serious overhydration. Reduce fluid intake.

Source: <https://health.clevelandclinic.org/what-urine-color-means>

THE BODY
IS 60-70%
WATER

RECOMMENDATION FOR PROPER HYDRATION

Maintaining and balancing the body's fluid level is imperative. A healthy adult, in a moderate climate, is recommended to drink:

WATER (cups per day for men)¹



WATER (cups per day for women)¹



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

¹Source: Water: Mayo Clinic - <http://www.mayoclinic.com/healthy-lifestyle/nutrition-and-healthy-eating/indepth/water/art-20044256>



6-10 oz. of electrolytes every 15-20 minutes during strenuous activity, especially in hot environments.²

Individual circumstances may vary and include water with electrolyte consumption.

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

ELECTROLYTES



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.

THERMOREGULATION

The body's process of thermal control

As outside temperature rises, the body's first method to keep cool is to sweat. The more heat it experiences, the more vasodilation will occur to radiate the excess body heat. It takes energy to perform these functions and the body needs the proper fuel and fluids to achieve thermoregulation to prevent overheating.



Source: <https://www.ncbi.nlm.nih.gov/books/NBK507838/>

HOW TO USE HEAT INDEX CHART

- Find today's predicted temperature.
- Next, find today's predicted humidity.
- Follow the answers to #1 and #2. Where they intersect will determine APPARENT TEMPERATURE or WHAT IT FEELS LIKE.

EXAMPLE:

- Forecasted Temp=95°
- Forecasted Humidity=60%
- Index (feels like)=114°

Source: <https://www.weather.gov/ama/heatindex>

HEAT INDEX CHART

Air Temp.	70°	75°	80°	85°	90°	95°	100°	105°	110°
Relative Humidity	Apparent Temperature (Degrees Fahrenheit)								
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°
40%	68°	74°	79°	86°	93°	101°	110°	122°	137°
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°
60%	70°	76°	82°	90°	100°	114°	132°	149°	
70%	70°	77°	85°	93°	106°	124°	144°		
80%	71°	78°	86°	97°	113°	136°	157°		
90%	71°	79°	88°	102°	122°	150°	170°		
100%	72°	80°	91°	108°	133°	166°			

Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.

HEAT INDEX 80° - 90°

Acclimate employees and monitor for heat related issues.

HEAT INDEX 90° - 100°

Sun stroke, heat cramps and heat exhaustion are possible with prolonged exposure and physical activity.

HEAT INDEX 101° - 129°

Sun stroke, heat cramps and heat exhaustion likely. Heat stroke possible with prolonged exposure and physical activity.

HEAT INDEX 130° and higher

Heat stroke or sun stroke
IMMINENT.

FLUID LOSS FACTORS

Factors that contribute to fluid loss* include:

- Sweating
- Exhaling
- Urination
- Diuretic Intake
- Natural Body Exertion to Maintain Core Temperature

*Varying factors: age, gender, environment and conditioning

Source: <https://www.webmd.com/a-to-z-guides/dehydration-adults>

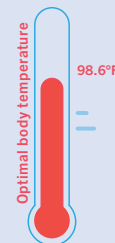


HEAT FACTORS

Contributing to elevated body temperature and rapid fluid loss:

- High Temperature & Humidity
- Level of Exertion/Work Load
- PPE & Heavy Clothing
- Poor Air Flow & Circulation
- Machine/Equipment Heat
- Direct Sunlight Exposure
- Medical Precondition
- Lack of Physical Conditioning

Source: <https://www.dir.ca.gov/dosh/etools/08-006/whatcauses.htm>



FLUID/ELECTROLYTE LOSS WARNINGS

LOSS	RESULT
2%	Impaired Performance
4%	Muscular Function & Capacity Declines
6%	Heat Exhaustion
8%	Hallucination & Disorientation
10%	Circulatory Collapse & Heat Stroke

Sources: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4207053/> --text=Traditionally%20a%20%25%20or%20more, on%20physical%20and%20cognitive%20performance.&text=Although%20a%20%25%20often%20overlooked,water %20balance%20on%20cognitive%20performance
https://www.furman.edu/first/wp-content/uploads/sites/168/2020/01/8_first_in_the_heat.pdf

Heat Stress Management



5 DAY ACTUAL TEMPERATURE & HUMIDITY FORECAST

1 TEMP HUMIDITY	2 TEMP HUMIDITY	3 TEMP HUMIDITY	4 TEMP HUMIDITY	5 TEMP HUMIDITY
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HEAT AWARENESS

1. Environments of 80°F +

Use extreme caution, especially during strenuous activity.

2. Acclimate

Allow the body to adjust to high-heat, high-humidity environments.

3. PPE Clothing

PPE is essential but increases heat stress risk. At 80°F+, limit time in impervious suits to 15 minutes per hour unless using cooling or a heat stress monitor.

4. Thirst and/or Sweat

These are NOT ALWAYS dependable gauges for proper hydration or fluid intake.

5. Know the Symptoms

Be familiar with heat stroke, heat exhaustion and heat cramps to respond quickly. (Review Heat Illnesses below)

6. Prevention

Preventing a heat stress injury is much easier than recovering from the injury. Drink fluids and replace electrolytes on a regular basis throughout the day.



HEAT ILLNESSES

Symptoms and responses to unprotected heat exposure.

SUNBURN

Redness & painful skin; swelling of skin, blisters, fever and headaches are typical in severe cases.

Ointments for mild cases. DO NOT break blisters. If they do break, apply dry, sterile dressing.

FOR SEVERE CASES, CONSULT A PHYSICIAN.

HEAT CRAMPS

Painful muscle spasms, usually in the legs and abdomen. Possible heavy sweating.

Apply firm pressure on cramping muscles, then gently massage to relieve muscle spasm.

GIVE SIPS OF SQUINCER® PRODUCTS EVERY 15 MINUTES.

HEAT EXHAUSTION

Heavy sweating, weakness, pale and clammy skin, nausea, low blood pressure, rapid pulse, fainting, and possible vomiting.

Stop exertion, move to a cool spot and drink Squincer® products every 15 minutes for an hour.

IF VICTIM VOMITS, SEEK IMMEDIATE MEDICAL ATTENTION.

EXERTIONAL HEAT ILLNESS

Stuporous appearance, tired, nausea with possible vomiting. Unsteady gait, heavy perspiration, dehydrated with high body temperature (up to 104°F), often accompanied by headache, rapid respiration and pulse.

Cease exertion and promptly cool body exterior. Initiate replacement of fluids – water first, then Squincer® products.

IF VICTIM CANNOT RETAIN FLUIDS, TRANSPORT TO HOSPITAL.

HEAT STROKE

High body temperature (105°F or higher), hot, red and dry skin, strong rapid pulse, possible unconsciousness.

Heat stroke is a severe medical problem. Move victim to cooler area and reduce body temp with cold bath or sponging. Use fans and air conditioners.

GET VICTIM TO HOSPITAL – DELAY CAN BE FATAL. DO NOT GIVE FLUIDS!

MARKETS THAT WE SERVE



G. F. Lasswell Company, Inc.
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 Manufacturers' Redistributor



AND MANY MORE...

ALL PRODUCTS SOLD EXCLUSIVELY FOR RESALE



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Clear Formulation
No Color or Dyes
No Preservatives
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Gluten Free



Sugar Free
Low Calorie
Gluten Free
Sweetened with
Sucralose