

HYDRATION SAFETY CATALOG

2016



The logo for Squincer, featuring the brand name in a stylized, bold, yellow font with a registered trademark symbol. The letter 'Q' is uniquely designed with a water droplet shape above it. The logo is set against a black background.

PROFESSIONAL GRADE HYDRATION™

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 the last 40 years. Each one of our powders, concentrates, ready-made drinks, freeze pops, chews and lower-calorie solutions has the electrolytes and nutrients bodies need to keep them hydrated, fueled and focused every day of the week.



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THE PROFESSIONAL

PRODUCT BENEFITS

- Lower Sodium
- More Potassium
- ZERO Sugar, ZERO Calorie Products
- LITE Products - Naturally Sweetened & Flavored, No Added Color
- Preferred Taste
- No Bloating Feeling

Compared to Other National Brands

PROGRAM ADVANTAGES

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

SALES ADVANTAGES

- Superior Customer Service
- National Sales Coverage
- Marketing Support



UNAL. ADVANTAGE

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 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.

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® LITE	55 mg	45 mg	.47 mg	10 g	40
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.

HYDRATION

BECAUSE DEHYDRATION IS A THREAT IN EVERY SEASON

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

HEAT STRESS

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
- Exhaling
- Urination
- Diuretic intake
- Natural body exertion to maintain core temperature

**Varying factors: age, gender, environment and conditioning*

FLUID LOSS	RESULT
2%	Impaired performance
4%	Muscular function and capacity declines
6%	Heat exhaustion
8%	Hallucination
10%	Circulatory collapse and heat stroke

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 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:

WATER (cups per day)¹



In hotter 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.

FOR ADDITIONAL HYDRATION RESOURCES AND TOOLS, VISIT HYDRATION CENTRAL AT WWW.SQWINCHER.COM/EDUCATE

365

“It’s a trade off – maintaining the body’s core temperature becomes more important than fluid balance,” Kenefick says. “Humans don’t naturally hydrate themselves properly, and they can become very dehydrated in cold weather because there is little physiological stimulus to drink.”

SOURCE “Cold Weather Increases Risk of Hydration” January 28, 2005
Robert Kenefick, UNH Associate Professor of Kinesiology

COLD STRESS

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
Immediate attention



SEVERELY DEHYDRATED – If urine matches these colors, **SERIOUS DEHYDRATION** has occurred. Contact a physician.

COLD FACTORS:

Contributing to unsafe drop in body temperature and fluid loss:



- Freezing temperature and wind chill
- Improper winter clothing or layering
- Level of exertion/work load or strain
- Direct exposure and duration to weather
- Hydration neglect and poor diet
- Medical precondition
- Lack of physical conditioning

WIND CHILL INDEX:

APPARENT DANGERS POSED BY COLD STRESS

32° to -19° F	-20° to -40° F	-40° F & 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.

RECOMMENDATION FOR PROPER HYDRATION:

WATER (cups per day)¹



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 cold 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 colder 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.

HYDRATION

TAKE ADVANTAGE OF THE SQWINCHER DIFFERENCE

Sqwincher has the well-being of your entire company in mind when it comes to providing you with a complete hydration safety program. The mindset of “any product will do” for a customer, accompanied with a pat on the back and a good luck farewell is not a relationship that has your best interest in mind. Sqwincher goes above and beyond products by offering hydration solutions and materials to keep employees and facilities safe and help you make more educated decisions when it comes to choosing a **Professional Grade Hydration™ Solution**.



SQWINCHER TOOL BOX

Numerous assets are at your disposal for education, training and 24/7 safety to drive your hydration solutions.

Hydration Central

- Resource Center
 - Videos
 - Literature Library
 - White Papers
- Assessment Tools
- Risk Calculator
- Facility Assessments

Accessory Tools

- Dry Erase Poster
- Hot Tips
- Hydration Solutions

ENVIRONMENTAL RISK CALCULATOR

Just a few quick questions, learn the risk level in your environment.

FACILITY ASSESSMENT

Assess your facility and learn what you're up against. Request a full assessment from your local Sqwincher rep.

CENTRAL

RESOURCE CENTER

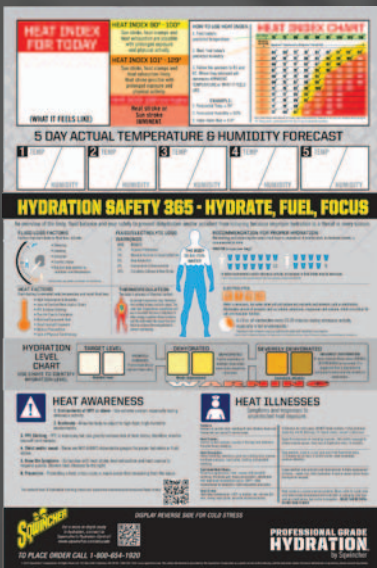
Take advantage of our online assets and put confidence and the knowledge of proper hydration in your mind and in your hands. Desktop or mobile device, you're able to access a full digital library with turnkey materials to train and educate on all aspects of proper hydration in the workplace. Discover the importance of a complete hydration program and why Sqwincher is the brand to choose.



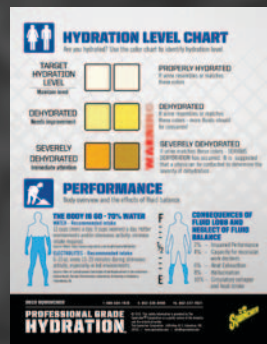
sqwincher.com/educate/resources

ACCESSORY TOOLS

Request your tools to put the entire facility on alert for dehydration, environmental stresses and an impaired employee who may have neglected proper hydration. These tools make employees aware and lets outside agencies and auditors know that you are prepared and on top of safety.



24 x 36 - 2 Sided Dry Erase Heat & Cold Stress Educational Poster



8.5 x 11 - 2 Sided Hot Tips Poster Hydration Chart and Safety Education



8.5 x 11 - 2 Sided Hydration Solutions Sheet Hydration 365 - Heat & Cold Stress Education

For more materials and additional information contact Sqwincher

SQWINCHER LITE



It's OK to break a sweat.
Just don't let the sweat break you!

THE DIFFERENCE IS CLEAR! Sqwincher LITE is formulated in-between regular Sqwincher and Sqwincher ZERO with only 40 calories. LITE maintains the great taste you expect along with Sqwincher's standard - lower sodium and more potassium. For a better worker and those with a healthy mindset, take advantage of all LITE's benefits.

ADVANTAGES

- Naturally sweetened
- Naturally flavored
- No added color or dyes
- Low calorie



20 OZ. YIELD LITE STICK PACK

PACKAGE SIZE	1 oz.
PACKAGE YIELD	16.9 to 20 oz.
CASE YIELD	96 servings
UNITS PER CASE	96 packs (12 bags of 8)
CASES PER PALLET	72
TI HI	12 x 6
CASE WEIGHT	7.45 lbs.
CASE CUBE FEET	0.27
CASE DIMENSIONS	11.3 x 8.6 x 4.8

FLAVOR	SKU	UPC	BAG UPC	CASE UPC
GRAPE	060280-GR	0-75880-16510-1	0-75880-16570-5	0-75880-16550-7
ORANGE	060281-OR	0-75880-16511-8	0-75880-16571-2	0-75880-16551-4
FRUIT PUNCH	060282-FP	0-75880-16512-5	0-75880-16572-9	0-75880-16552-1
LEMON-LIME	060283-LL	0-75880-16513-2	0-75880-16573-6	0-75880-16553-8



3 GALLON LITE YIELD POWDER

PACKAGE SIZE	19.1 oz.
PACKAGE YIELD	3 Gallons
CASE YIELD	60 Gallons
UNITS PER CASE	20
CASES PER PALLET	63
TI HI	9 x 7
CASE WEIGHT	25.5 lbs.
CASE CUBE FEET	0.64
CASE DIMENSIONS	14.25 x 12 x 6.5

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
GRAPE	016850-GR	0-75880-16801-0	NA	0-75880-16901-7
ORANGE	016851-OR	0-75880-16802-7	NA	0-75880-16902-4
FRUIT PUNCH	016852-FP	0-75880-16803-4	NA	0-75880-16903-1
LEMON-LIME	016853-LL	0-75880-16804-1	NA	0-75880-16904-8

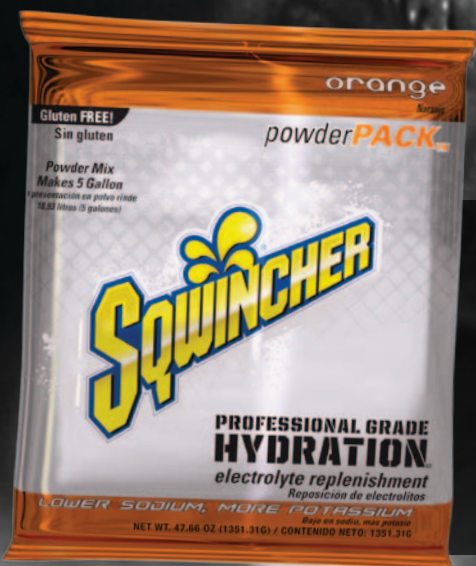


16 OZ. LITE WIDEMOUTH

PACKAGE SIZE	16 oz.
PACKAGE YIELD	16 oz.
CASE YIELD	12, 16 oz. servings
UNITS PER CASE	12
CASES PER PALLET	108
TI HI	18 x 6
CASE WEIGHT	14.5 lbs.
CASE CUBE FEET	1.048
CASE DIMENSIONS	11.38 x 8.44 x 7.82

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
GRAPE	030500-GR	0-75880-16601-6	NA	0-75880-16701-3
ORANGE	030501-OR	0-75880-16602-3	NA	0-75880-16702-0
FRUIT PUNCH	030502-FP	0-75880-16603-0	NA	0-75880-16703-7
LEMON-LIME	030503-LL	0-75880-16604-7	NA	0-75880-16704-4

POWDER MIX



occupation\ Production Line
She will clock in tomorrow
PROTECTED BY SQUINCHER

Sqwincher Powder Concentrate quenches and satisfies thirst and replenishes hardworking bodies with essential electrolytes. Available in regular formula and ZERO, add a pack to your equipment inventory before your day's shift. Quick and easy to mix for rapid serve and intake. Three convenient sizes for any serving need. Add a Sqwincher cooler and/or cups for a complete hydration solution.

ADVANTAGES

- Quick and easy to mix
- 3 step cooler ready: add water, add Powder Pack and stir
- 2.5 ZERO contains zero sugar and zero calories



1 GALLON POWDER PACK™

PACKAGE SIZE	9.53 oz.
PACKAGE YIELD	1 Gallon
CASE YIELD	80 Gallons
UNITS PER CASE	80 (4 boxes of 20 packs per case)
CASES PER PALLET	30
TI HI	10 x 3
CASE WEIGHT	52
CASE CUBE FEET	1.932
CASE DIMENSIONS	14.25 x 12.25 x 19.125

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
ORANGE	016004-OR	0-75880-56484-3	NA	0-75880-48404-2
FRUIT PUNCH	016005-FP	0-75880-26484-2	NA	0-75880-48405-9
GRAPE	016006-GR	0-75880-47484-5	NA	0-75880-48402-8
ASSORTED FLAVORS	016007-AS	VARIES BY PACKAGE	NA	0-75880-48409-7
FLAVORS INCLUDE: FRUIT PUNCH, GRAPE, LEMON-LIME AND ORANGE				
LEMON-LIME	016008-LL	0-75880-16484-5	NA	0-75880-48406-6



2.5 GALLON POWDER PACK™

PACKAGE SIZE	23.83 oz.
PACKAGE YIELD	2.5 Gallons
CASE YIELD	80 Gallons
UNITS PER CASE	32
CASES PER PALLET	36
TI HI	9 x 4
CASE WEIGHT	50
CASE CUBE FEET	1.157
CASE DIMENSIONS	14.375 x 12.5 x 11.125

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
LEMONADE	016040-LA	0-75880-25003-6	NA	0-75880-25013-5
ORANGE	016041-OR	0-75880-25004-3	NA	0-75880-25014-2
FRUIT PUNCH	016042-FP	0-75880-25001-2	NA	0-75880-25011-1
LEMON-LIME	016043-LL	0-75880-25002-9	NA	0-75880-25012-8
ASSORTED FLAVORS	016044-AS	VARIES BY PACKAGE	NA	0-75880-25019-7
FLAVORS INCLUDE: FRUIT PUNCH, GRAPE, LEMON-LIME AND ORANGE				
TEA	016045-TE	0-75880-25006-7	NA	0-75880-25016-6
GRAPE	016046-GR	0-75880-25007-4	NA	0-75880-25017-3
CHERRY	016047-CH	0-75880-25005-0	NA	0-75880-25015-9
MIXED BERRY	016048-MB	0-75880-25009-8	NA	0-75880-25020-3
TROPICAL COOLER	016049-TC	0-75880-25008-1	NA	0-75880-25018-0
COOL CITRUS	016050-CC	0-75880-25010-4	NA	0-75880-25021-0



5 GALLON POWDER PACK™

PACKAGE SIZE	47.66 oz.
PACKAGE YIELD	5 Gallons
CASE YIELD	80 Gallons
UNITS PER CASE	16
CASES PER PALLET	44
TI HI	11 x 4
CASE WEIGHT	50
CASE CUBE FEET	1.214
CASE DIMENSIONS	14.75 x 10.25 x 13.875

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
MIXED BERRY	016400-MB	0-75880-08838-7	NA	0-75880-00838-5
CHERRY	016401-CH	0-75880-08836-3	NA	0-75880-00836-1
COOL CITRUS	016402-CC	0-75880-08839-4	NA	0-75880-00839-2
LEMONADE	016403-LA	0-75880-08833-2	NA	0-75880-00833-0
ORANGE	016404-OR	0-75880-08834-9	NA	0-75880-00834-7
FRUIT PUNCH	016405-FP	0-75880-08831-8	NA	0-75880-00831-6
GRAPE	016406-GR	0-75880-08837-0	NA	0-75880-00837-8
LEMON-LIME	016408-LL	0-75880-08832-5	NA	0-75880-00832-3
TROPICAL COOLER	016409-TC	0-75880-08835-6	NA	0-75880-00835-4



2015 PACKAGE CHANGE



NEW 2.5 GALLON ZERO

PACKAGE SIZE	1.76 oz.
PACKAGE YIELD	2.5 Gallons
CASE YIELD	80 Gallons
UNITS PER CASE	4 bags of 8 packs
CASES PER PALLET	168
TI HI	28 X 6
CASE WEIGHT	4.40
CASE CUBE FEET	0.26
CASE DIMENSIONS	9.51 x 6.32 x 7.40

FLAVOR	SKU	UPC	BAG UPC	CASE UPC
LEMON-LIME	016800-LL	0-75880-00400-4	0-75880-20400-8	0-75880-10400-1
ORANGE	016801-OR	0-75880-00401-1	0-75880-20401-5	0-75880-10401-8
ASSORTED FLAVORS	016802-AS	VARIES BY PACKAGE	NA	0-75880-10405-6
FLAVORS INCLUDE: FRUIT PUNCH, GRAPE, LEMON-LIME AND ORANGE				
FRUIT PUNCH	016803-FP	0-75880-00402-8	0-75880-20402-2	0-75880-10402-5
GRAPE	016804-GR	0-75880-00403-5	0-75880-20403-9	0-75880-10403-2

YIELDS 2.5 GALLON, NOT A SINGLE SERVE*



***DO NOT
MISTAKE FOR
SINGLE SERVE
POWDER**

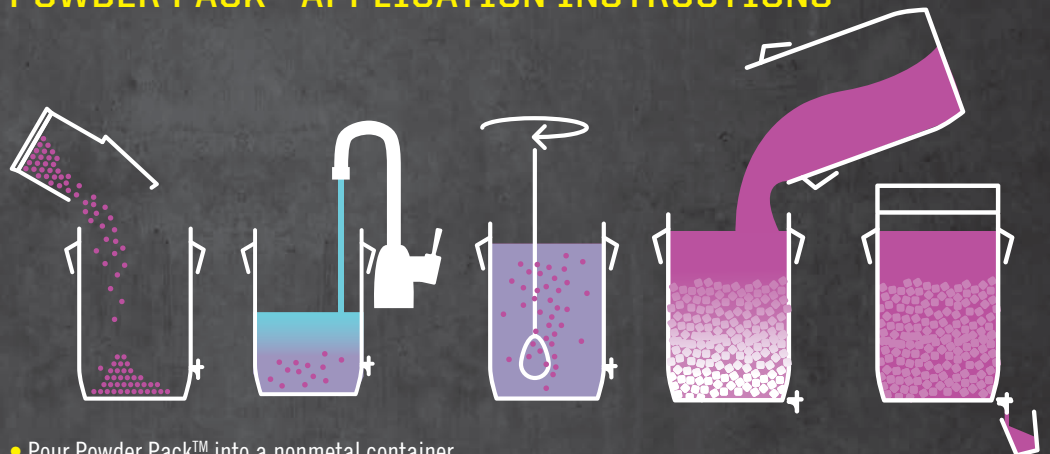


NUTRITIONAL FACTS

Based on 8 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	60		0	
TOTAL FAT	0g	0%	0g	0%
SODIUM	55mg	2%	55mg	2%
POTASSIUM	45mg	1%	45mg	1%
TOTAL CARB.	16g	5%	<1g	0%
SUGARS	16g		0g	
PROTEIN	0g		0g	

POWDER PACK™ APPLICATION INSTRUCTIONS



- Pour Powder Pack™ into a nonmetal 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
- Transfer mixed content to a cooler of ice
- Serve in individual cups
- Drink and enjoy

LIQUID CONCENTRATE



occupation\ Steel Worker
He will get to visit his grandson
PROTECTED BY SQUINCHER

PRODUCTS: LIQUID CONCENTRATE

Sqwincher Liquid Concentrate is a great addition to any drinking water supply area for easy electrolyte consumption. Liquid Concentrate is perfect for pre-mixed coolers, as well as individual servings, without the stirring. Sqwincher 64 oz. offers an exceptional single-serve method with the help of Sqwincher Servastation and Pump Spout.

ADVANTAGES

- Can be mixed in individual cups or pre-mixed to make a large amount
- No stirring required
- For individual/single-serve mix (pump spout needed), attach pump spout and place near water source (one full pump dispenses proper amount for one 10 oz. serving)



32 OZ. - 2.5 GALLON YIELD

PACKAGE SIZE	32 oz.
PACKAGE YIELD	2.5 Gallons
CASE YIELD	30 Gallons
UNITS PER CASE	12
CASES PER PALLET	60
TI HI	12 x 5
CASE WEIGHT	33
CASE CUBE FEET	.875
CASE DIMENSIONS	14.125 x 10.75 x 9.75

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
GRAPE	020222-GR	0-75880-00035-8	NA	0-75880-00135-5
LEMON-LIME	020224-LL	0-75880-00041-9	NA	0-75880-00141-6
FRUIT PUNCH	020225-FP	0-75880-00038-9	NA	0-75880-00138-6
ORANGE	020226-OR	0-75880-00037-2	NA	0-75880-00137-9



64 OZ. - 5 GALLON YIELD

PACKAGE SIZE	64 oz.
PACKAGE YIELD	5 Gallons
CASE YIELD	30 Gallons
UNITS PER CASE	6
CASES PER PALLET	60
TI HI	12 x 5
CASE WEIGHT	33
CASE CUBE FEET	1.0125
CASE DIMENSIONS	15.125 x 10.25 x 10.75

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
STRAWBERRY LEMONADE	030319-SL	0-75880-00052-5	NA	0-75880-00152-2
MIXED BERRY	030320-MB	0-75880-00042-6	NA	0-75880-00142-3
CHERRY	030321-CH	0-75880-00043-3	NA	0-75880-00143-0
GRAPE	030322-GR	0-75880-00045-7	NA	0-75880-00145-4
LEMONADE	030323-LA	0-75880-00046-4	NA	0-75880-00146-1
ORANGE	030324-OR	0-75880-00047-1	NA	0-75880-00147-8
FRUIT PUNCH	030325-FP	0-75880-00048-8	NA	0-75880-00148-5
LEMON-LIME	030328-LL	0-75880-00050-1	NA	0-75880-00150-8
TROPICAL COOLER	030329-TC	0-75880-00044-0	NA	0-75880-00144-7
COOL CITRUS	030330-CC	0-75880-00051-8	NA	0-75880-00151-5



64 OZ. ZERO - 5 GALLON YIELD





PACKAGE SIZE	64 oz.
PACKAGE YIELD	5 Gallons
CASE YIELD	30 Gallons
UNITS PER CASE	6
CASES PER PALLET	60
TI HI	12 x 5
CASE WEIGHT	33
CASE CUBE FEET	1.0125
CASE DIMENSIONS	15.125 x 10.25 x 10.75

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
FRUIT PUNCH	050102-FP	0-75880-33405-7	NA	0-75880-34035-5
GRAPE	050103-GR	0-75880-33402-6	NA	0-75880-34032-4
LEMON-LIME	050104-LL	0-75880-33407-1	NA	0-75880-34037-9
MIXED BERRY	050106-MB	0-75880-33406-4	NA	0-75880-34036-2
ORANGE	050107-OR	0-75880-33404-0	NA	0-75880-34034-8



128 OZ. - 6 GALLON YIELD

PACKAGE SIZE	128 oz.
PACKAGE YIELD	6 Gallons
CASE YIELD	24 Gallons
UNITS PER CASE	4
CASES PER PALLET	48
TI HI	12 x 4
CASE WEIGHT	43
CASE CUBE FEET	1.932
CASE DIMENSIONS	12.75 x 12.5 x 12.5

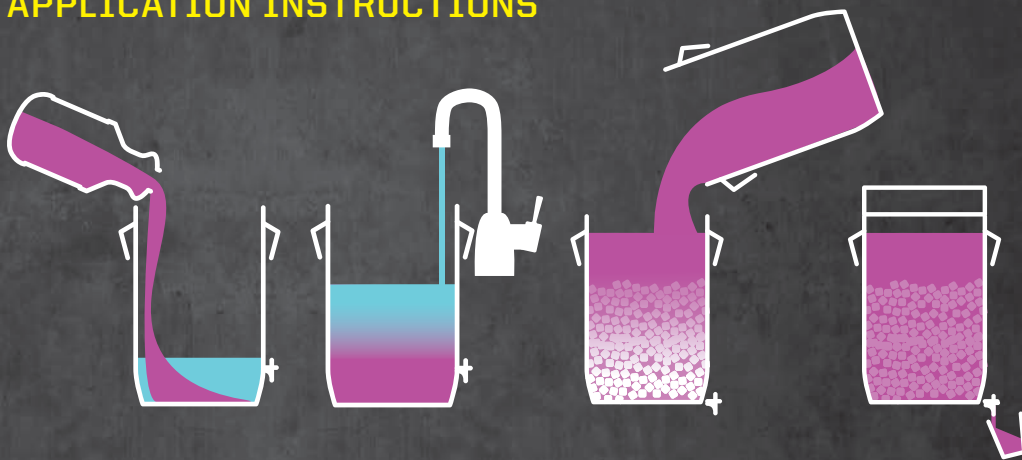
FLAVOR	SKU	UPC	INNER UPC	CASE UPC
 GRAPE	040202-GR	0-75880-33307-4	NA	0-75880-00307-6
 ORANGE	040204-OR	0-75880-33304-3	NA	0-75880-00304-5
 FRUIT PUNCH	040205-FP	0-75880-33303-6	NA	0-75880-00303-8
 LEMON-LIME	040208-LL	0-75880-33302-9	NA	0-75880-00302-1

NUTRITIONAL FACTS

Based on 8 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	60		0	
TOTAL FAT	0g	0%	0g	0%
SODIUM	55mg	2%	55mg	2%
POTASSIUM	45mg	1%	45mg	1%
TOTAL CARB.	17g	6%	<1g	0%
SUGARS	17g		0g	
PROTEIN	0g		0g	

APPLICATION INSTRUCTIONS



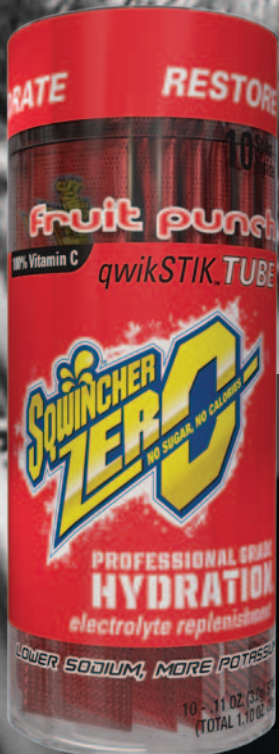
- Add small portion of water to a nonmetal container
- Add liquid concentrate
- Add remaining amount of water to the container for appropriate gallon mixture
Examples: full 32 oz. yields 2.5 gallons; full 64 oz. yields 5 gallons; full 128 oz. yields 6 gallons
- Transfer mixed content to a cooler of ice
- No stirring required
- Serve in individual cups
- Drink and enjoy

- Concentrate-to-water ratio:

32 oz. and 64 oz. – mix 1 part concentrate to 9 parts water

128 oz. – mix 1 part concentrate to 5 parts water

SINGLE SERVE



occupation\ AC Technician
He returns home to his new bride
PROTECTED BY SQWINCHER

Single Serve is the “express lane” of hydration for on-the-go when you need it most. This convenient, effective way to rehydrate offers multiple flavor choices to avoid flavor limitations. By eliminating the cooler, you save beverage maintenance time and gain control of worker usage.

ADVANTAGES

- Convenient and personal
- Great for hydration on-the-go
- Easy to store and pack
- Qwik Stik® – no sugar, no calories



QWIKSERV™

PACKAGE SIZE	1.26 oz.
PACKAGE YIELD	16.9 oz.
CASE YIELD	96 16.9 oz. Servings
UNITS PER CASE	96 packs 12 bags of 8 packs
CASES PER PALLET	72
TI HI	12 x 6
CASE WEIGHT	8.7
CASE CUBE FEET	0.27
CASE DIMENSIONS	11.3 x 8.6 x 4.8

FLAVOR	SKU	UPC	BAG UPC	CASE UPC
ORANGE	060900-OR	0-75880-01200-9	0-75880-31200-0	0-75880-31210-9
FRUIT PUNCH	060901-FP	0-75880-01201-6	0-75880-31201-7	0-75880-31211-6
LEMON-LIME	060902-LL	0-75880-01202-3	0-75880-31202-4	0-75880-31212-3
GRAPE	060904-GR	0-75880-01203-0	0-75880-31203-1	0-75880-31213-0

ADVANTAGES

- Mix with your bottled water
- 16.9 oz. makes .5 liter
- Regular formula and easy to carry along
- On-the-go hydration – add to water, shake well



20 OZ. QWIK STIK® ZERO

PACKAGE SIZE	.11 oz.
PACKAGE YIELD	20 oz.
CASE YIELD	500 Stiks
UNITS PER CASE	10 packs of 50 Stiks
CASES PER PALLET	96
TI HI	16 x 6
CASE WEIGHT	5
CASE CUBE FEET	0.561
CASE DIMENSIONS	10.5 x 10.25 x 9

FLAVOR	SKU	UPC	BAG UPC	CASE UPC
STRAWBERRY LEMONADE	060099-SL	NA	0-75880-41200-7	0-75880-21210-2
ORANGE	060100-OR	NA	0-75880-41201-4	0-75880-21201-0
MIXED BERRY	060101-MB	NA	0-75880-41202-1	0-75880-21202-7
FRUIT PUNCH	060102-FP	NA	0-75880-41203-8	0-75880-21203-4
LEMONADE	060103-LA	NA	0-75880-41204-5	0-75880-21204-1
PEACH TEA	060104-PT	NA	0-75880-41206-9	0-75880-21206-5
RASPBERRY	060105-RB	NA	0-75880-41205-2	0-75880-21205-8
LEMON-LIME	060106-LL	NA	0-75880-41208-3	0-75880-21208-9
GRAPE	060107-GR	NA	0-75880-41207-6	0-75880-21207-2
COOL CITRUS	060109-CC	NA	0-75880-41209-0	0-75880-21209-6



8-10 OZ. QWIK STIK® ZERO

PACKAGE SIZE	.06 oz.
PACKAGE YIELD	8-10 oz.
CASE YIELD	500 Stiks
UNITS PER CASE	10 packs of 50 Stiks
CASES PER PALLET	96
TI HI	16 x 6
CASE WEIGHT	3.05
CASE CUBE FEET	0.561
CASE DIMENSIONS	10.5 x 10.25 x 9

FLAVOR	SKU	UPC	BAG UPC	CASE UPC
ORANGE	060200-OR	NA	NA	0-75880-10280-9
MIXED BERRY	060201-MB	NA	NA	0-75880-10282-3
FRUIT PUNCH	060202-FP	NA	NA	0-75880-10281-6
LEMONADE	060203-LA	NA	NA	0-75880-10283-0
GRAPE	060204-GR	NA	NA	0-75880-10284-7
LEMON-LIME	060205-LL	NA	NA	0-75880-10285-4

Inner bags are not packaged for resale

ADVANTAGES

- Simply add to bottled water, shake well
- ZERO sugar, ZERO calories
- 8-10 and 20 oz. servings
- Fast on-the-go hydration
- Easy to pack with minimal waste

PRODUCTS: SINGLE SERVE

Single Serve is available in regular and ZERO formulas. What a great way to personalize your electrolyte replenishment.



10 COUNT QWIK STIK® TUBE

PACKAGE SIZE	.11 oz.
PACKAGE YIELD	20 oz.
CASE YIELD	200 Stiks
UNITS PER CASE	20 tubes of 10 Stiks
CASES PER PALLET	108
TI HI	12 x 9
CASE WEIGHT	3.05
CASE CUBE FEET	0.22
CASE DIMENSIONS	8.25 x 9.5 x 4.75

FLAVOR	SKU	UPC	BOX UPC	CASE UPC
ASSORTED FLAVORS	060119-AS	VARIES BY PACKAGE	NA	0-75880-41401-8
FLAVORS INCLUDE: FRUIT PUNCH, ORANGE, MIXED BERRY AND STRAWBERRY LEMONADE. 20 TUBES PER BOX - 5 TUBES OF 4 FLAVORS (10 STIKS OF ONE FLAVOR PER TUBE)				

ADVANTAGES

- 10 Stiks in an easy-to-pack lightweight tube
- More than one Stik for multiple servings
- Tube can become handy reusable container



FAST PACK®

PACKAGE SIZE	.6 oz.
PACKAGE YIELD	6 oz.
CASE YIELD	200 6 oz. Servings
UNITS PER CASE	200, 4 boxes 50 packs
CASES PER PALLET	80
TI HI	10 x 8
CASE WEIGHT	14
CASE CUBE FEET	0.721
CASE DIMENSIONS	18.25 x 9.75 x 7

FLAVOR	SKU	UPC	BOX UPC	CASE UPC
MIXED BERRY	015300-MB	0-75880-00069-3	NA	0-75880-00169-0
CHERRY	015301-CH	0-75880-00065-5	NA	0-75880-00165-2
GRAPE	015302-GR	0-75880-00067-9	NA	0-75880-00167-6
LEMONADE	015303-LA	0-75880-00061-7	NA	0-75880-00161-4
ORANGE	015304-OR	0-75880-00064-8	NA	0-75880-00164-5
FRUIT PUNCH	015305-FP	0-75880-00063-1	NA	0-75880-00163-8
TEA	015306-TE	0-75880-00068-6	NA	0-75880-00168-3
LEMON-LIME	015308-LL	0-75880-00062-4	NA	0-75880-00162-1
TROPICAL COOLER	015309-TC	0-75880-00066-2	NA	0-75880-00166-9
COOL CITRUS	015310-CC	0-75880-00060-0	NA	0-75880-00160-7



FAST PACK® ZERO

PACKAGE SIZE	.6 oz.
PACKAGE YIELD	6 oz.
CASE YIELD	200 6 oz. Servings
UNITS PER CASE	200, 4 boxes 50 packs
CASES PER PALLET	80
TI HI	10 x 8
CASE WEIGHT	14
CASE CUBE FEET	0.721
CASE DIMENSIONS	18.25 x 9.75 x 7

FLAVOR	SKU	UPC	BOX UPC	CASE UPC
ORANGE	015500-OR	0-75880-00080-8	NA	0-75880-00180-5
FRUIT PUNCH	015501-FP	0-75880-00081-5	NA	0-75880-00181-2

ADVANTAGES

- Package doubles as a drinking cup
- Sanitary delivery method prevents contamination
- No mixing required
- No cups required
- Single serve allows minimal waste
- Convenient option when on-the-go
- Great way to offer multiple flavors



10 COUNT HOT STIK TUBE

PACKAGE SIZE	.16 oz.
PACKAGE YIELD	8 - 10 oz.
CASE YIELD	200 Stiks
UNITS PER CASE	20 tubes of 10 Stiks
CASES PER PALLET	108
TI HI	12 x 9
CASE WEIGHT	3.05
CASE CUBE FEET	0.22
CASE DIMENSIONS	8.25 x 9.5 x 4.75

FLAVOR	SKU	UPC	BOX UPC	CASE UPC
APPLE CIDER	060300-AC	0-75880-60001-5	NA	0-75880-21220-1
GREEN TEA*	060301-GT	0-75880-60002-2	NA	0-75880-21221-8
ORANGE SPICE TEA*	060303-OS	0-75880-60005-3	NA	0-75880-21225-6

*Natural caffeine – 13.7 mg per Stik

ADVANTAGES

- 10 Stiks per tube
- Hot serve electrolyte beverage
- Great cold stress and winter dehydration preventative
- Contains B and C vitamins
- Green Tea and Orange Spice Tea contains natural caffeine

NUTRITIONAL FACTS

QWIKSERV™

Based on 8 oz. serving

	REGULAR	%DV
CALORIES	60	
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	16g	5%
SUGARS	16g	
PROTEIN	0g	

QWIK STIK® 8-10 OZ., 20 OZ. & TUBE

Based on 8 oz. serving

	ZERO	%DV
CALORIES	0	
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	<1g	0%
SUGARS	0g	
PROTEIN	0g	

FAST PACK®

Based on 6 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	50		0	
TOTAL FAT	0g	0%	0g	0%
SODIUM	40mg	2%	40mg	2%
POTASSIUM	35mg	1%	35mg	1%
TOTAL CARB.	13g	4%	<1g	0%
SUGARS	13g		0g	
PROTEIN	0g		0g	

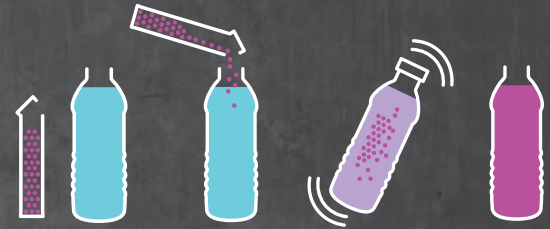
HOT STIK

Based on 8 oz. serving

	REGULAR	%DV
CALORIES	10	0%
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	3g	1%
SUGARS	2g	
PROTEIN	0g	0%

APPLICATION INSTRUCTIONS

QWIKSERV™ AND QWIK STIK®



- Tear package along the dotted line
- Pour package powder directly into a ½ liter bottle of water
- Apply cap to the bottle of water
- Shake bottle of water to mix powder and water
- Remove cap from the bottle of water
- Drink and enjoy

FAST PACK®



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

HOT STIK



- Tear package along the dotted line
- Pour package powder into a thermal mug or cup of hot water
- Stir or shake well to mix
- Drink and enjoy

READY TO DRINK



occupation\ Machinist
He will enjoy his weekend get-away
PROTECTED BY SQWINCHER

Ice down the cooler and make every minute count by packing it with Sqwincher Ready to Drink. Bottled or canned, it's ready. Twist and chug or pop a cap for the awesome taste of Sqwincher and an optimal blend of electrolytes. Enjoy the great taste of Sqwincher ZERO formula in Ready to Drink. Those watching calories and sugars, or diabetics, can enjoy Sqwincher and keep the body going.

ADVANTAGES

- No wait time, open and drink
- No prep or mixing
- Resealable bottles
- Non-resealable cans, one-time-use



20 OZ. WIDEMOUTH

PACKAGE SIZE	20 oz.
PACKAGE YIELD	20 oz.
CASE YIELD	24 20 oz. Servings
UNITS PER CASE	24
CASES PER PALLET	54
TI HI	9 x 6
CASE WEIGHT	34.55
CASE CUBE FEET	1.048
CASE DIMENSIONS	17.75 x 12 x 8.6

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
MIXED BERRY	030530-MB	0-75880-16024-3	NA	0-75880-16124-0
COOL CITRUS	030531-CC	0-75880-16025-0	NA	0-75880-16125-7
GRAPE	030532-GR	0-75880-16021-2	NA	0-75880-16121-9
ORANGE	030534-OR	0-75880-16020-5	NA	0-75880-16120-2
FRUIT PUNCH	030535-FP	0-75880-16022-9	NA	0-75880-16122-6
STRAWBERRY LEMONADE	030536-SL	0-75880-16026-7	NA	0-75880-16126-4
LEMON-LIME	030538-LL	0-75880-16023-6	NA	0-75880-16123-3



12 OZ. WIDEMOUTH

PACKAGE SIZE	12 oz.
PACKAGE YIELD	12 oz.
CASE YIELD	24 12 oz. Servings
UNITS PER CASE	24
CASES PER PALLET	81
TI HI	9 x 9
CASE WEIGHT	21.4
CASE CUBE FEET	0.6593
CASE DIMENSIONS	15.5 x 10.5 x 7

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
MIXED BERRY	030900-MB	0-75880-16070-0	NA	0-75880-26070-7
GRAPE	030902-GR	0-75880-16072-4	NA	0-75880-26072-1
ORANGE	030904-OR	0-75880-16073-1	NA	0-75880-26073-8
FRUIT PUNCH	030905-FP	0-75880-16074-8	NA	0-75880-26074-5
LEMON-LIME	030908-LL	0-75880-16075-5	NA	0-75880-26075-2



12 OZ. CANS

PACKAGE SIZE	12 oz.
PACKAGE YIELD	12 oz.
CASE YIELD	24 12 oz. Servings
UNITS PER CASE	24
CASES PER PALLET	100
TI HI	10 x 10
CASE WEIGHT	21
CASE CUBE FEET	0.4899
CASE DIMENSIONS	15.75 x 10.75 x 5

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
GRAPE	100102-GR	0-75880-95030-1	NA	0-75880-09500-2
ORANGE	100104-OR	0-75880-95032-5	NA	0-75880-09502-6
FRUIT PUNCH	100105-FP	0-75880-95033-2	NA	0-75880-09503-3
LEMON-LIME	100108-LL	0-75880-95034-9	NA	0-75880-09504-0

PRODUCTS: READY TO DRINK



20 OZ. WIDEMOUTH ZERO

PACKAGE SIZE	20 oz.
PACKAGE YIELD	20 oz.
CASE YIELD	24 20 oz. Servings
UNITS PER CASE	24
CASES PER PALLET	54
TI HI	9 x 6
CASE WEIGHT	34.55
CASE CUBE FEET	1.048
CASE DIMENSIONS	17.75 x 12 x 8.6

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
FRUIT PUNCH	030800-FP	0-75880-16030-4	NA	0-75880-16130-1
ORANGE	030801-OR	0-75880-16031-1	NA	0-75880-16131-8
GRAPE	030803-GR	0-75880-16033-5	NA	0-75880-16133-2
MIXED BERRY	030804-MB	0-75880-16034-2	NA	0-75880-16134-9



12 OZ. WIDEMOUTH ZERO

PACKAGE SIZE	12 oz.
PACKAGE YIELD	12 oz.
CASE YIELD	24 12 oz. Servings
UNITS PER CASE	24
CASES PER PALLET	81
TI HI	9 x 9
CASE WEIGHT	21.4
CASE CUBE FEET	0.6593
CASE DIMENSIONS	15.5 x 10.5 x 7

FLAVOR	SKU	UPC	INNER UPC	CASE UPC
MIXED BERRY	030920-MB	0-75880-26032-5	NA	0-75880-26133-9
GRAPE	030922-GR	0-75880-26033-2	NA	0-75880-26134-6
ORANGE	030924-OR	0-75880-26030-1	NA	0-75880-26131-5
FRUIT PUNCH	030925-FP	0-75880-26031-8	NA	0-75880-26132-2

NUTRITIONAL FACTS

20 OZ. WIDEMOUTH Based on 8 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	70		0	
TOTAL FAT	0g	0%	0g	0%
SODIUM	55mg	2%	55mg	2%
POTASSIUM	45mg	1%	45mg	1%
TOTAL CARB.	17g	6%	<1g	0%
SUGARS	17g		0g	
PROTEIN	0g		0g	

12 OZ. WIDEMOUTH Based on 12 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	105		0	
TOTAL FAT	0g	0%	0g	0%
SODIUM	83mg	4%	83mg	4%
POTASSIUM	68mg	1%	68mg	1%
TOTAL CARB.	26g	8%	<1g	0%
SUGARS	26g		0g	
PROTEIN	0g		0g	

12 OZ. CANS Based on 12 oz. serving

	REGULAR	%DV
CALORIES	110	
TOTAL FAT	0g	0%
SODIUM	80mg	3%
POTASSIUM	70mg	2%
TOTAL CARB.	28g	9%
SUGARS	28g	
PROTEIN	0g	

APPLICATION INSTRUCTIONS

BOTTLES



- Twist cap to remove
- Drink and enjoy

CANS



- Pull top ring to pop open
- Drink and enjoy
- One time use, then recycle can

PRODUCTS

SPECIALTY PRODUCTS



occupation\ Fabricator

He makes it to the dugout to coach his son

PROTECTED BY SQWINCHER

GL
MACHINERY
A Division of

PRODUCTS: SPECIALTY PRODUCTS

Sqwincher goes beyond the call of duty for your traditional electrolyte replenishment with a diverse group of specialty products. These items also offer a single-serve application with on-the-go results. Easily take these specialty items along by packing them with your daily items or gear. Exceed your hydration needs with great quality and effective delivery of electrolytes to the body.



SQWEEZE POPS

PACKAGE SIZE	3 oz.
PACKAGE YIELD	3 oz.
CASE YIELD	150 Squeeze Pops
UNITS PER CASE	15 bags of 10 Squeeze Pops
CASES PER PALLET	60
TI HI	12 x 5
CASE WEIGHT	30.9
CASE CUBE FEET	1.015
CASE DIMENSIONS	13.125 x 11.875 x 11.25

FLAVOR	SKU	UPC	BAG UPC	CASE UPC
ASSORTED FLAVORS FLAVORS INCLUDE: CHERRY, GRAPE, LEMON-LIME, ORANGE AND MIXED BERRY	159200201	VARIABLES BY PACKAGE	0-75880-24006-8	0-75880-24010-5
ZERO FRUIT PUNCH	159200228	0-75880-24119-5	0-75880-24009-9	0-75880-24019-8
ZERO TANGERINE ORANGE	159200229	0-75880-24115-7	0-75880-24005-1	0-75880-24015-0

ADVANTAGES

- Quickly cools body temperature
- Healthier than frozen sugar ice by replenishing electrolytes
- Convenient option when on the go
- Available in regular or ZERO (no sugar, no calories)



FASTSERV™ ZERO

PACKAGE SIZE	1.62 oz.
PACKAGE YIELD	24 - 8 oz.
CASE YIELD	288 8 oz. Servings 24 Srv. Per bottle
UNITS PER CASE	12 bottles / 2 trays of 6
CASES PER PALLET	125
TI HI	25 x 5
CASE WEIGHT	2.3
CASE CUBE FEET	0.14
CASE DIMENSIONS	10.75 x 6 x 3.75

FLAVOR	SKU	UPC	TRAY UPC	CASE UPC
FRUIT PUNCH	010700-FP	0-75880-01220-7	0-75880-01420-1	0-75880-01320-4
STRAWBERRY LEMONADE	010701-SL	0-75880-01221-4	0-75880-01421-8	0-75880-01321-1

ADVANTAGES

- No sugar, no calories
- Convenient way to fortify water



ELECTROLYTE CHEWS

PACKAGE SIZE	1 oz.
PACKAGE YIELD	1 oz.
CASE YIELD	96 1 oz. packs of Chews
UNITS PER CASE	8 boxes of 12 packs
CASES PER PALLET	40
TI HI	8 x 5
CASE WEIGHT	8.7
CASE CUBE FEET	0.84
CASE DIMENSIONS	19.75 x 9.75 x 7.5

FLAVOR	SKU	UPC	BOX UPC	CASE UPC
ORANGE	010370-OR	0-75880-02220-6	0-75880-02420-0	0-75880-02320-3
WILD BERRY	010371-WB	0-75880-02221-3	0-75880-02421-7	0-75880-02321-0
BLACK CHERRY*	010372-BC	0-75880-02222-0	0-75880-02422-4	0-75880-02322-7
PINK LEMONADE	010374-PL	0-75880-02223-7	0-75880-02423-1	0-75880-02323-4

ADVANTAGES

- Easy, on-the-go consumption
- Consume with water to hydrate and energize
- Natural flavor
- All 7 chews are equivalent to an 8 oz. Sqwincher beverage

*Black Cherry flavor contains 50 mg of caffeine, equivalent to 1 cup of coffee



STEADY SHOT

PACKAGE SIZE	2 oz.
PACKAGE YIELD	2 oz.
CASE YIELD	144 2 oz. Servings
UNITS PER CASE	12 packs of 12 bottles
CASES PER PALLET	85
TI HI	17 x 5
CASE WEIGHT	23.8
CASE CUBE FEET	0.665
CASE DIMENSIONS	12 x 9.125 x 10.5

FLAVOR	SKU	UPC	TRAY UPC	CASE UPC
ORANGE	200500-OR	0-75880-50010-0	0-75880-61000-7	0-75880-62000-6
FRUIT PUNCH	200501-FP	0-75880-50011-7	0-75880-61001-4	0-75880-62001-3
BERRY	200502-BE	0-75880-50012-4	0-75880-61002-1	0-75880-62002-0

ADVANTAGES

- Small, convenient package
- Helps you to stay alert and focused throughout the day
- Sugar free with no sugar crash
- Natural caffeine, no synthetic

NUTRITIONAL FACTS

SQWEEZE FREEZER POPS

Based on 3 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	45		0	0%
TOTAL FAT	0g	0%		
SODIUM	25mg	1%	25mg	1%
POTASSIUM	15mg	1%	15mg	1%
TOTAL CARB.	11g	4%	1g	0%
SUGARS	11g		0g	
PROTEIN	0g			

ELECTROLYTE CHEWS

Based on 1 oz. serving

	REGULAR	%DV
CALORIES	90	
TOTAL FAT	0g	0%
SODIUM	70mg	3%
POTASSIUM	30mg	1%
TOTAL CARB.	22g	7%
SUGARS	14g	
PROTEIN	0g	

STEADY SHOT

Based on 2 oz. serving

	ZERO	%DV
CALORIES	0	
TOTAL CARB.	0g	0%
SUGARS	0	
NIACIN	30mg	150%
VITAMIN B6	40mg	2000%
FOLIC ACID	400mcg	100%
VITAMIN B12	250mcg	4170%

Also includes: Taurine 994mg, Malic Acid 300mg, Glucuronolactone 200mg, Natural Caffeine 170mg, N-Acetyl-L-Tyrosine 100mg, Ginkgo Biloba 30mg, L-Theanine 25mg, Citicoline 1mg, Daily Values Not Established

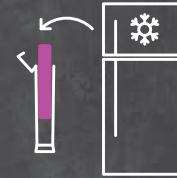
FASTSERV™

Based on 8 oz. serving

	ZERO	%DV
CALORIES	0	
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	<1g	0%
SUGARS	0g	
PROTEIN	0g	

APPLICATION INSTRUCTIONS

SQWEEZE FREEZER POPS



- Freeze
- Open at tear line and squeeze frozen content upward

ELECTROLYTE CHEWS



- Open at upper right corner, tear line, remove chews and enjoy

FASTSERV™



- Flip open cap
- One full squeeze per 8 oz. of water
- Additional squeezes for a fuller taste
- Drink and enjoy

STEADY SHOT



- Twist cap to remove
- Remove cap
- Drink and enjoy

SQWINCHER PRO STAFF



MAJOR LEAGUE FISHING

KEVIN VANDAM

"From start to finish, Sqwincher is formulated to keep me hydrated all day long, everyday. Staying safe on the water is what counts."

Sqwincher of choice: Sqwincher LITE



AS SEEN ON



MAJOR LEAGUE BOWHUNTER

JEFF DANKER, MATT DUFF and CHIPPER JONES

"We love Sqwincher! The MLB team uses the tar out of it...it really does help us to stay focused on the hunt."

Sqwincher of choice: Sqweeze Pops



THE SCOTT MARTIN CHALLENGE

PRO ANGLER SCOTT MARTIN

"Staying properly hydrated is super important when you are fishing...especially Tarpon Fishing!.... Sqwincher makes the best electrolyte replacement I have ever used...I have been using their powder mix everyday for over a year....Fishing, Hunting or Working Out...this stuff gets the job done!"

Sqwincher of choice: Qwik Stik



PRIMOS HUNTING

WILL PRIMOS

"Sqwincher keeps the PRIMOS team alert and hydrated for the long hours we spend in the outdoors."

Sqwincher of choice: Qwik Stik



UNCHARTED

JIM and EVA SHOCKEY

"We take Sqwincher on every trip we go on. Chews offer a convenient way to get the electrolytes and energy we need. They're the perfect product for us!"

Sqwincher of choice: Electrolyte Chews



ACCESSORIES

205200
Universal Plastic Cup Dispenser
 w/ wall mount bracket



300309
Plastic Mixing Paddle – Pack of 10



600200
Truck Cooler Rack – Pack of 6



200106
1 Case 5 oz. Sqwincher Cups
 / 25 tubes of 100



Wax Lined

200101
1 Case 12 oz. Sqwincher Cups
 / 20 tubes of 100



Wax Lined

200201, 200215
1 Case 7 oz. Cone Cups / 20 tubes of 250
1 Case 4.5 oz. Cone Cups / 25 tubes
 of 200

4.5 oz. is a roll lip cone
 7 oz. is NOT a roll lip cone



200105
12 oz. Hot Stik Cup – QTY: 1,000
 (Includes cup, lid and bands)



500101
Pump Spout – Pack of 10, (1 oz. delivery
 per pump for dispensing 64 oz. liquid concentrates
 – spout shown on 64 oz. bottles.)



600106
Sqwincher Servastation Kit – Includes 1
 wall mount basket, one adjustable cup dispenser,
 2/1 oz. pump spouts, and two tubes of 12 oz. cups



600101
Sqwincher Servastation BASKET
ONLY – Pack of 4



600206
Sqwincher Bottled Water Kit – Includes
 1 removable bottled water basket, one adjustable
 cup dispenser, 2/1 oz. pump spouts and 2 tubes of
 12 oz. cups



600201
Sqwincher Bottled Water BASKET
ONLY – Pack of 2



158300299
24 oz. Sqwincher Polar Insulated
Bottle

Front View Rear View



300300 and 300303
20 oz. and 32 oz. Sqwincher
Bike Bottle



158100101, 158100102, 158100103
Single Bowl Bubblers (1 x 5 Gallons)
Double Bowl Bubbler (2 x 5 Gallons)
Triple Bowl Bubbler (3 x 5 Gallons)



158500500
Sqwincher GDM-6 Glass Door
Refrigerator



158400117
Sqwincher Iced Product Cooler



158500701
Sqwincher 5 Cubic Foot Freezer –
with graphics



159020010
Pre-Packaged
Sqwincher Hydration Kit

Includes 32 packs
 QwikServ (8 of 4 flavors:
 FP, LL, GR, OR); 20 Qwik
 Stik tubes (5 of 4 flavors:
 FP, MB, SL, OR); 24 packs
 Electrolyte Chews (12 of 2
 flavors: OR, PL)



158400301
Sqwincher Powerwing Display

Product not
 included



158400302
Sqwincher Counter Top Wire Display

Product not
 included



158700310
Sqwincher Dry Erase Heat & Cold
Stress Awareness Kit – 2 sided annual
 poster with pen



700260
Sqwincher Banner (3 feet by 6 feet)
 Fiber reinforced nylon banner with brass grommets



158100170
Freezer Decal – Fits 5 to 7 cubic ft standard
 freezer



700621, 700622
Discover the Difference Digital
Banner (2 ft by 5 ft) 4 color, reinforced nylon
 banner with brass grommets
Smaller Version of Digital Banner
 (1 ft by 2 ft)



300360
Sqwincher Squeeze – Freeze • Grab
• Go Cooler Bag (Holds up to 3 bags
of Squeeze) – Pack of 10



300298
16 oz. Sqwincher Avex Stainless Steel
Bottle – Pack of 6



300305 and 600105
52 oz. Bubba Keg Cooler – Pack of 6
1 Gallon Bubba Keg Cooler – Pack of 4



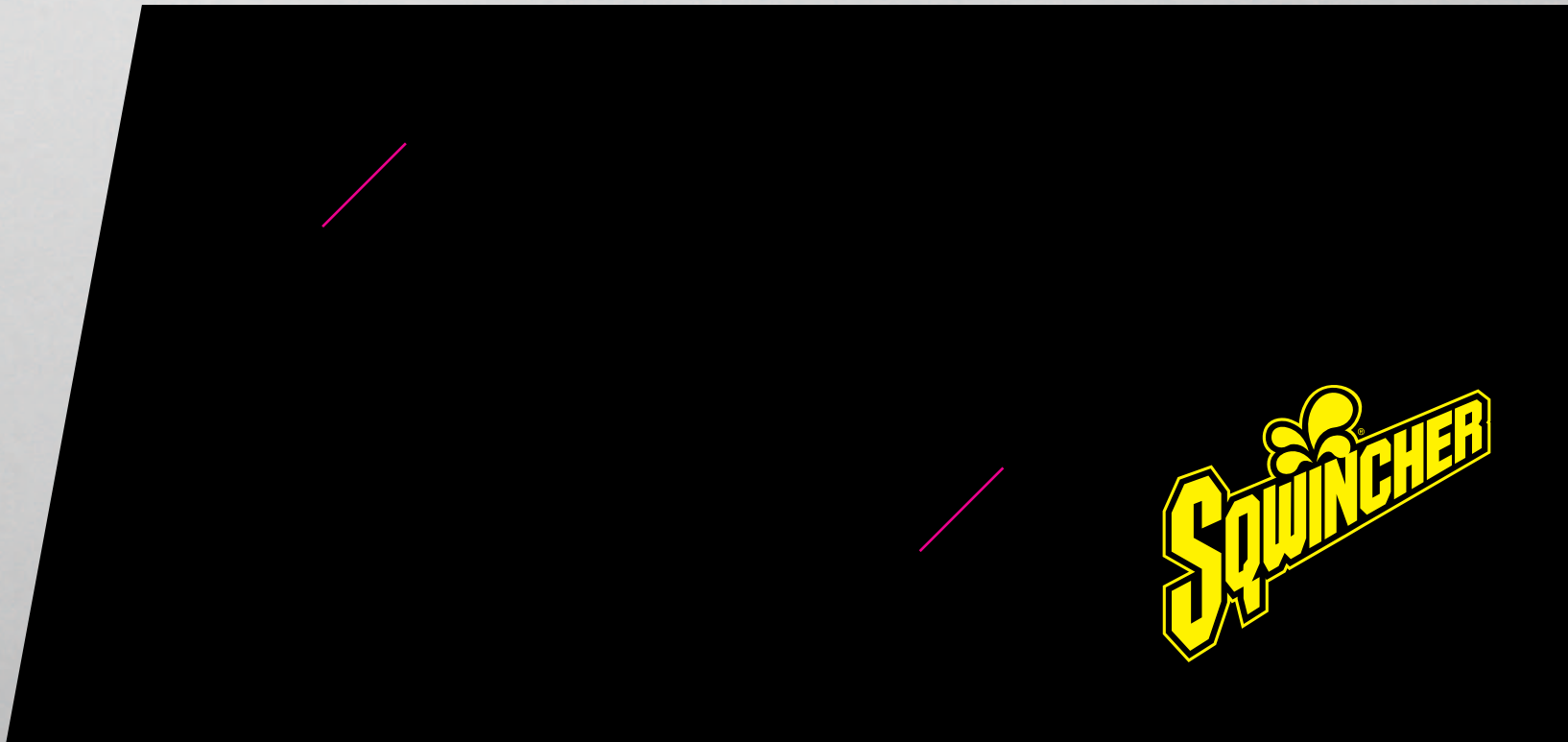
MAY BE SUBJECT TO AVAILABILITY

400101, 400102 and 400104
Sqwincher 1, 2 and 5 Gallon Cooler



Coolers are screw top and BPA FREE

1 Gallon comes in pack of 12, 2 Gallon comes in pack of 4



SQWINCHER

PROFESSIONAL GRADE HYDRATION™



THE SQUINCHER CORPORATION

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