



PRYME
INNOVATION | SAFETY | WELLNESS

PRODUCT CATALOGUE 2019/20





HYDRATIONTM THAT WORKS

Weekday workers or weekend warriors,
from the oil fields to the footy fields,
Sqwincer® has the perfect package,
flavour and formulation designed to
satisfy the toughest hydration needs.





**IT ONLY TAKES 2%
OF DEHYDRATION
TO RESULT IN UP TO
A 50% DECREASE IN
WORK AND MENTAL
PERFORMANCE.**

**CONTACT US FOR
YOUR HYDRATION
PLAN TODAY!**

sales@pryme.com.au

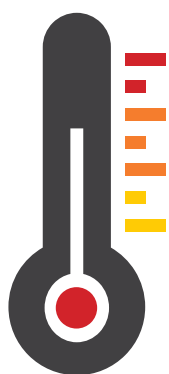


EFFECTS OF DEHYDRATION?

To ensure a safe working environment, an adequate supply of cool drinking water and providing Sqwincer® electrolyte replenishment is crucial for the prevention of dehydration, heat stress, injury and in the worst cases, death.

What you may not know is that **Dehydration is also problematic during winter**. This is called cold stress. It can be even more hazardous in cold weather due to thirst suppression, lack of perspiration, diuretics and increased urination.

DANGERS POSED BY HEAT STRESS



54° C+

Imminent heat stroke or sunstroke.

38° – 54° C

Probable sunstroke, heat cramps and heat exhaustion and possible heat stroke with prolonged exposure and physical activity.

32° – 38° C

Possible sunstroke, heat cramps and heat exhaustion with prolonged exposure and physical activity.

TIPS ON MONITORING HYDRATION

URINE CHART

Urine colour is a great indication of your body fluid levels.

- SEVERELY DEHYDRATED
- DEHYDRATED
- HYDRATED
- OVER HYDRATED

REQUIRED WATER

- 3.0 L
- 2.2 L



RECOMMENDED ELECTROLYTES

During strenuous activity as well as in colder environments;

180 - 300ml of electrolytes every **15 - 20 minutes**.



Being a Safety Professional we look for things with low sodium in it. The other products have low sugar but sodium is through the roof. **Sqwincher®** has the best of the two.”

BRYAN E. SAFETY PROFESSIONAL



HOW TO ENCOURAGE HYDRATION

MANDATE WATER BREAKS

Have employees take three-minute breaks at regular intervals throughout the day. Keep large jugs of cold filtered water easily accessible.

POST HYDRATION REMINDERS

Sometimes workers simply forget to drink until that feeling of thirst creeps up.

PROVIDE REUSABLE BOTTLES

These encourage workers to keep water and other fluids on hand at all times.



5 KEY REASONS **Sqwincher®** IS THE LEADER IN HYDRATION



1 GREAT TASTE



2 SUPERIOR PACKAGING FOR HOT WORKPLACES



3 LOW SODIUM—ELECTROLYTE REPLENISHMENT



4 LOW COST PER SERVE



5 REGULAR, FROZEN, & SUGAR FREE OPTIONS



ELECTROLYTES **POWER YOUR BODY'S NATURAL PROCESSES**

Sqwincher® has served Australasian workers since 1999 and is trusted by many leading companies, fire, emergency services & defence force organisations to provide safe & effective hydration to their workers.

PRYME TIP:

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



QWIK STIKS

SUGAR FREE ELECTROLYTE
ENHANCED SACHETS

KEY FEATURES:

LOW SODIUM

CAFFEINE-FREE

GLUTEN-FREE

SUGAR FREE
FOR LOW CALORIES

CONVENIENT
SINGLE SERVE PACKAGING

PORTION CONTROL SACHETS FOR
ON-THE-GO USE



GREAT TASTE
FOR INCREASED FLUID CONSUMPTION

PRYME TIP:

Just add one Qwik Stik to a 600ml water bottle, shake and enjoy!

Part No.	Description	Flavour	UOM
SQ0104	Qwik Stiks 50 Pack	Mixed Flavours	1 Case (10 Packets)
SQ0100	Qwik Stiks 50 Pack	Orange	1 Case (10 Packets)
SQ0101	Qwik Stiks 50 Pack	Mixed Berry	1 Case (10 Packets)
SQ0103	Qwik Stiks 50 Pack	Lemonade	1 Case (10 Packets)
SQ0106	Qwik Stiks 50 Pack	Grape	1 Case (10 Packets)
SQ0107	Qwik Stiks 50 Pack	Lemon Lime	1 Case (10 Packets)
SQ0109	Qwik Stiks 50 Pack	Cool Citrus	1 Case (10 Packets)

“

To put **Sqwincher®** to the test, I have been using and testing it for many months in a variety of training and working situations, as I prepare for ultra-marathons. I can carry several hour's worth of Sqwincher® sugar free Qwik Stiks in my pocket and as long as I have access to water, presto my electrolyte needs are taken care of. The best part is that **Sqwincher®** is fantastic on my stomach and remains palatable no matter what the temperature or how long it is in my bottle.”

COACH JEFF, ULTRA MARATHON RUNNER, PROFESSIONAL SPORTS TRAINER

EACH PACKET
CONTAINS 50
QWIK STIKS

EACH CASE
CONTAINS 10
PACKETS

Sqwincher's® sugar free electrolyte powder, also called Qwik Stiks, are an electrolyte enhanced beverage, which contains zero sugar. Qwik Stiks come in single serve sachets, which are ideal for on-the-go use as well.

EASY!
ADD ONE QWIK
STIK TO A 600ML
WATER BOTTLE





SQWEEZE® POPS

ELECTROLYTE ENHANCED
FROZEN POPS

KEY FEATURES:

LOW SODIUM

CAFFEINE-FREE

GLUTEN-FREE

CONVENIENT
SINGLE SERVE PACKAGING

ONCE FROZEN THEY ARE
READY TO EAT

FROZEN FORMAT
HELPS COOL CORE BODY TEMPERATURE FAST

ALSO AVAILABLE IN TWO
SUGAR FREE **ZERO** FLAVOURS
- SEE CHART BELOW

GREAT TASTE
FOR INCREASED FLUID CONSUMPTION



Part No.	Description	Flavour	UOM
SQ159200201	Squeeze Pops 10 Pack	Mixed Flavours	1 Case (15 Packets)
SQ159200228	Sugar Free Squeeze Pops 10Pack	Fruit Punch	1 Case (15 Packets)
SQ159200229	Sugar Free Squeeze Pops 10Pack	Tangerine Orange	1 Case (15 Packets)



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 SKARSHESKI, FOOD TECHNOLOGIST, FOOD FOR THOUGHT CONSULTING

Sqwincher® pops

When you need quick hydration on the job or in the field, reach for the unique frozen solution designed to help you replace what the body sweats out.

Flavours included are:

Orange, Mixed Berry, Lemon- Lime, Cherry, and Grape.

**EACH PACKET
CONTAINS 10
SQWEEZE® POPS**

**EACH CASE
CONTAINS 15
PACKETS**



**FREE
CHEST FREEZER**

GET IN QUICK!
VALID ONLY WHILE STOCKS LAST

Large size that fits 900 Pops
l:96cm x w:56cm x h:85cm

For more details contact us
at sales@pryme.com.au



LIQUID CONCENTRATE

2L ELECTROLYTE ENHANCED CONCENTRATE

KEY FEATURES:

Each **Squwincher®** 2 Litre Liquid Concentrate bottle yields 20 litres of finished product. Mix one bottle into a 20 Litre Cooler, add water and ice to create a hydration station that will keep fluid cold for up to 12 hours.

LOW SODIUM

GLUTEN-FREE

CAFFEINE-FREE

GREAT TASTE
FOR INCREASED FLUID CONSUMPTION



**EACH BOTTLE
MAKES 20L
SQWINCHER®**

**EACH CASE
CONTAINS 6
BOTTLES**

Part No.	Description	Flavour	UOM
SQ0028	2L Concentrate	Lemon Lime	1 Case (6 Bottles)
SQ0042	2L Concentrate	Orange	1 Case (6 Bottles)
SQ0046	2L Concentrate	Wildberry	1 Case (6 Bottles)
SQ0047	2L Concentrate	Tropical Cooler	1 Case (6 Bottles)
SQ0050	2L Concentrate	Grape	1 Case (6 Bottles)
SQ0052	2L Concentrate	Lemonade	1 Case (6 Bottles)
SQ0051	2L Concentrate	Mixed Flavours	1 Case (6 Bottles)



Sqwincher as a preventative therapy, tastes great, is scientifically formulated and will aid in the effects of dehydration.”

JO-ANNE COLEMAN, REGISTERED NURSE



**20L
COOLER**

**PERFECT FOR USE WITH
SQWINCHER® CONCENTRATE**



Part No.	Description	UOM
SQ01	20L Cooler	1 Unit
SQ10	Replacement Spigot	1 Unit
SQ11	Replacement Lid	1 Unit

For more details
contact us at
sales@pryme.com.au



LIQUID CONCENTRATE

500ML ELECTROLYTE ENHANCED CONCENTRATE

KEY FEATURES:

Squwincher® liquid concentrates are designed to help replenish fluids and electrolytes, keeping people with hard working lifestyles going. Liquid concentrates mix readily with water and it's unique formulations designed to help reduce the fatigue and cramping associated with hot environments and intense workouts.

**EACH MIXED
CASE CONTAINS
12 BOTTLES**

**EACH BOTTLE
MAKES 5L
SQWINCHER®**

SMALL BOTTLE
FOR ON-THE-GO USE

LOW SODIUM

GLUTEN-FREE

CAFFEINE-FREE

GREAT TASTE
FOR INCREASED FLUID CONSUMPTION



Part No.	Description	Flavour	UOM
SQ0034	500ml Concentrate	Mixed Flavours	1 Case (12 Bottles)



Sqwincher® was introduced into our Steelmaking plant in mid-2000 with better than anticipated results. Since this introduction, there has not been one reported incident of heat exhaustion/fatigue, or work related collapse, remembering the conditions can be extreme during summer.

Due to the varied packaging it is possible for even the most mobile of workers to have **Sqwincher®** on hand anytime, anywhere. The results are not only in the reported injury stats, but also in the workers. Based on these facts, **Sqwincher®** is an important asset on the production/maintenance lines.”

WENDY DEEG, REGISTERED NURSE



**STRONG RUST
PROOF PLASTIC**

BPA FREE

**3.8L
COOLER**

**PERFECT FOR USE WITH
SQWINCHER® CONCENTRATE**



**For more details
contact us at**

sales@pryme.com.au

Part No.	Description	UOM
SQ04	3.8L Cooler	1 Unit



FAST PACK

ELECTROLYTE ENHANCED FAST PACK

KEY FEATURES:

Squwincher® electrolyte replenishing Fast Packs™ are easy to use, on-the-go, electrolyte enhanced beverage. Simply tear off the top of the packet, add water and enjoy your drink straight from the pack.

POCKET SIZE PACK
FOR ON-THE-GO USE

LOW SODIUM

GLUTEN-FREE

CAFFEINE-FREE

GREAT TASTE
FOR INCREASED FLUID CONSUMPTION

**FAST PACK CONTAINS
180ML SQUWINCHER®**

**COMES IN
BOXES OF 50
FAST PACKS**

**EACH CASE
CONTAINS 200
FAST PACKS**



PRYME TIP:

Perfect for portion control and mobile workers

Part No.	Description	Flavour	UOM
SQ0097	180ml Fast Pack 50 Box	Orange	1 Case (4 Boxes)
SQ0098	180ml Fast Pack 50 Box	Tropical Cooler	1 Case (4 Boxes)
SQ0099	180ml Fast Pack 50 Box	Wildberry	1 Case (4 Boxes)
SQ0066	180ml Fast Pack 50 Box	Lemon Lime	1 Case (4 Boxes)



The small size and convenient packaging allows me to take products out during rides and runs. To any athlete who pushes their body to the limits and understands the importance of hydration and electrolyte replenishment I recommend including Sqwincher® products as part of your nutritional plan”

EMMA COMAN-JEFFRIES, TRIATHELETE, WINNER QLD TRIATHLON SERIES 2010/11



Sqwincher® Fast Pack®

is a quick and convenient method to **replenish your electrolytes and rehydrate.** Made to easily tuck away and not get in the way of your active lifestyle. **Simply tear the top open, add water to the fill line and drink.**



RETAIL PACKS

10 PACKS



QWIK STIKS 10-PACK



KEY FEATURES:

- Qwik Stiks Sugar Free Electrolyte Sachets
- Each packet contains 10 Qwik Stiks
- Each case contains 25 packets
- Retail-ready packaging
- Fits most common vending machines
- Hydration packets at hot workplaces, where it's needed the most

Part No.	UOM
SQWPX001	1 Case (25 Packets)



SQWEEZE® POPS 10-PACK



KEY FEATURES:

- Electrolyte Frozen Squeeze Pops
- Each packet contains 10 Squeeze Pops
- Each case contains 15 packets
- Retail-ready packaging
- Fits most common vending machines
- Hydration packets at hot workplaces, where it's needed the most

Part No.	UOM
SQWPX002	1 Case (15 Packets)



FAST PACK™ 10-PACK



KEY FEATURES:

- Electrolyte Fast Pack
- Each packet contains 10 Fast Packs
- Each case contains 24 packets
- Retail-ready packaging
- Fits most common vending machines
- Hydration packets at hot workplaces, where it's needed the most

Part No.	UOM
SQWPX003	1 Case (24 Packets)

THE **SQWINCHER®** FORMULATION IS THE RESULT OF **RESEARCH AND DEVELOPMENT** THAT GOES WELL BEYOND QUENCHING THIRST TO DELIVER REHYDRATION FOR THE **TOUGHEST OF ACTIVITIES.**

PRYME TIP:

Ideal for Vending Machines



ACCESSORIES

DRINK BOTTLES



KEY FEATURES:

- Branded drink bottle
- One bottle can contain up to 700ml of **Squwincher®** for an ideal dilution ratio
- Clear coloured bottle

Part No.	UOM
SQBIKECLRC	Units

ACRYLIC DISPENSER



KEY FEATURES:

- Counter or wall mount display
- Easily dispenses Qwik Stiks
- Size: L: 26cm x W: 9cm x H: 33cm

Part No.	UOM
158205400	1 Case

SERVASTATION



KEY FEATURES:

- **Squwincher®** servastation holds 2L concentrate bottles in place
- 340ml **Squwincher®** cups fit in the cup dispenser
- Pump spouts for 2L concentrate bottles
- Cup Dispenser to easily dispense the **Squwincher®** cups

Part No.	Description	UOM
SQ0160	Pump Spouts	12 per pack
SQ0158	340ml Cups	1 Case
SQ0161	Squwincher Servastation	1 Unit
SQ05	Cup Dispenser	1 Unit

SQWEEZE FREEZE GRAB & GO BAG



KEY FEATURES:

- Easily carry your Squeeze Pops
- Keeps your Squeeze Pops frozen
- Expanded size: L:21.5cm x W:15cm x H:45.5cm

Part No.	UOM
300360	1 Unit

MIXING PADDLE



KEY FEATURES:

Mixing paddle: used to mix Squwincher with water in a cooler

Part No.	UOM
SQW300309	1 Unit

**For more details
contact us at
sales@pryme.com.au**



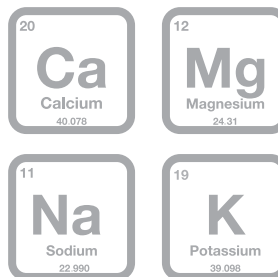
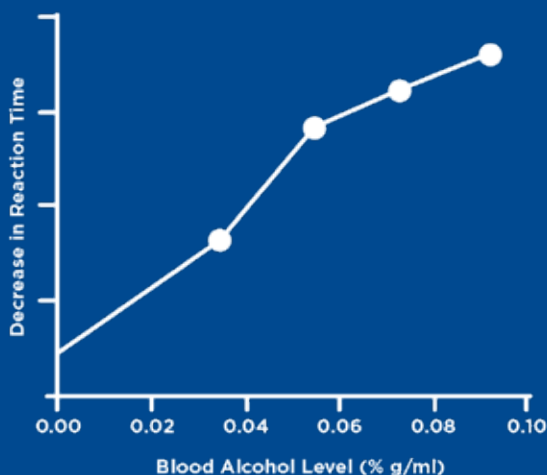
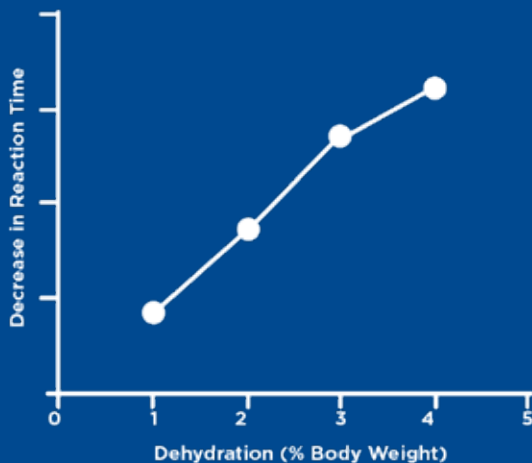
HYDRATION FACTS AND WHITEPAPERS

HEAT STRESS

Performing strenuous work in hot and humid conditions without adequate hydration can lead to dehydration and heat stress, increased risk of injury and in the worst cases death. It also leads to considerably slow reaction time and difficulty concentrating, which makes it unsafe to operate machinery and vehicles.

Having an adequate supply of cool drinking water and electrolytes such as **Squwincher®**, is crucial when developing a proper hydration program.

DEHYDRATION CAUSES EFFECTS SIMILAR TO ALCOHOL INTOXICATION



The bodies main electrolytes

Electrolytes are essential ions in the human body for proper electrical activity. Maintaining the concentration of electrolytes is crucial for proper fluid balance, nerve function, muscle contraction, and other physiological processes in the body. The intake of electrolytes is primarily through fluids and foods. Electrolytes work together to maintain homeostasis and water equilibrium.

Squwincher® is specially formulated to create a palatable electrolyte enhanced beverage to safely hydrate dehydrated workers

BETTER TASTING WATER

Studies show that when the taste and temperature of water is modified to make a palatable beverage, there is increased fluid consumption. Squwincher® is low in sodium, caffeine free and is formulated to taste great without a salty after taste.

ELECTROLYTE REPLACEMENTS ARE NECESSARY TO REMAIN PROPERLY HYDRATED

During the summer months, hydration is a big topic. However, dehydration can and does occur during winter months as well. This is called cold stress. It can even be more hazardous in cold weather due to thirst suppression, lack of perspiration, diuretics and increased urination.

ELECTROLYTES POWER YOUR BODIES NATURAL PROCESSES

NEED MORE INFO?

CONTACT PRYME TO RECEIVE THE FOLLOWING WHITEPAPERS:

- Dehydration Overview
- Dangers of on the job dehydration
- 5 factors that lead to dehydration
- 6 signs of dehydration workers should know
- Q&A Workers signs of dehydration
- Q&A How to encourage employee hydration
- Q&A Lifestyle choices
- 7 Factors that contribute to heat stress
- Q&A What should I do if I have heat stress?
- Squwincher electrolytes overview
- Electrolytes what are they
- Q&A Good ways to replenish electrolytes
- Q&A What is hyponatremia?
- Hydration is not just a summer issue



PRYME
INNOVATION | SAFETY | WELLNESS

MAKING THE WORKPLACE
A BETTER PLACE SINCE 1999