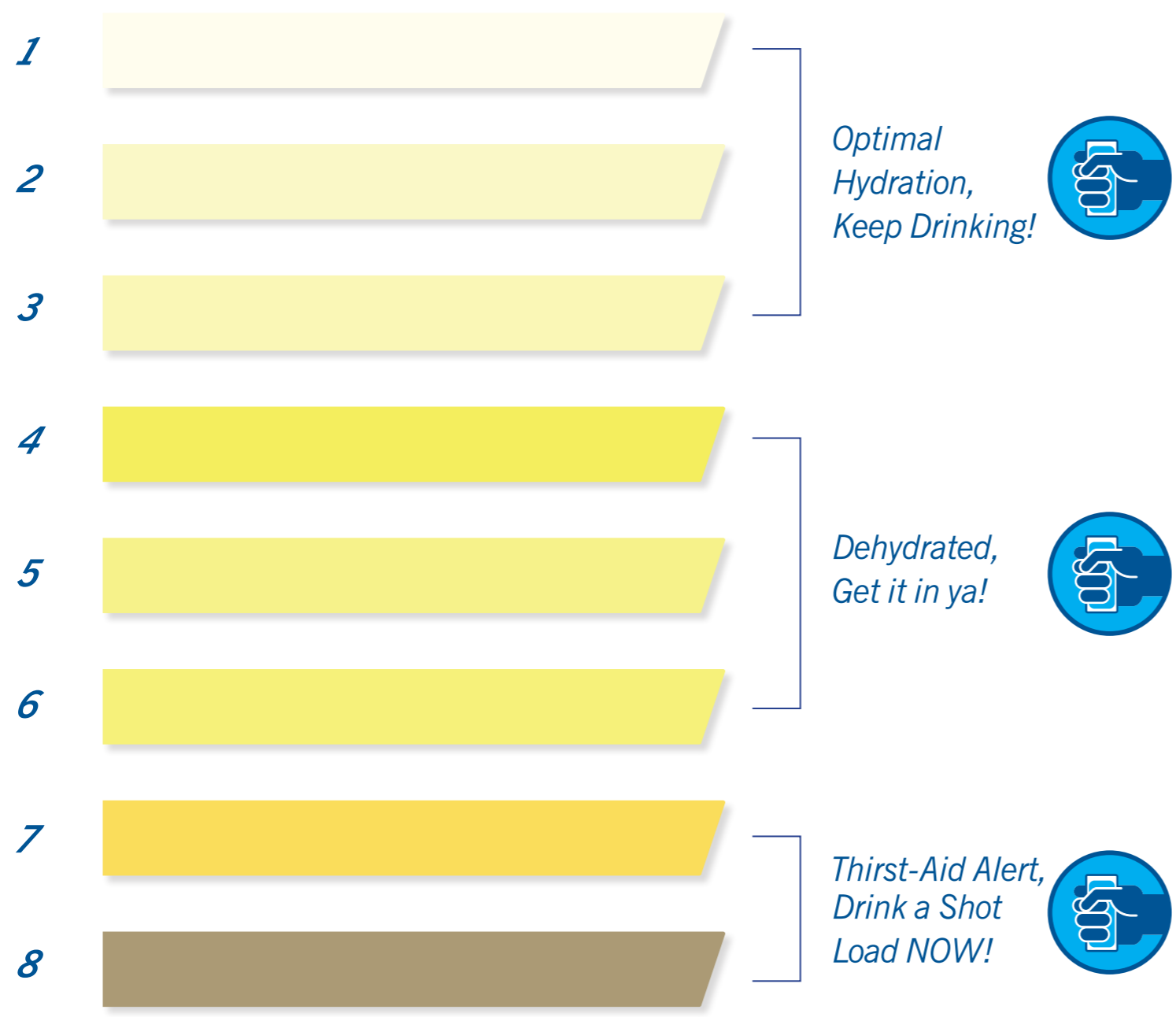


ARE YOU HYDRATED ?

Match Your Urine to the Colour Guide Below

The number one way to tell whether your body needs rehydrating is assessing the colour of your "number one's".



Disclaimer: This chart is designed to be a guide only. Consider seeking medical advice if urine colour falls within 7 - 8 range. Vitamin supplements, alcohol and certain diets may affect urine colour. Over-consumption of water or electrolytes may have a negative effect on the body. Please take into consideration factors such as your BMI, age, activity levels and environment when consuming fluids

Reduce Workplace Risk with Electrolyte Replenishment

Headaches, fatigue and dizziness caused by dehydration can lead to reduced concentration and careless work practices.

Drinking water replaces lost fluid, but not the essential salts, minerals, carbohydrates and amino acids that are lost through sweat.

	FLUID	ELECTROLYTES	AMINO ACIDS	MAGNESIUM	CARBOHYDRATES*
Replenished by Water					
Replenished by Thorzt					
Thorzt Sugar-Free					

*Thorzt uses a special formulation of selected sugars (sucrose, dextrose, fructose and maltodextrin). These Low Gi Carbohydrates give sustained release of energy without the harmful "sugar spike" found in many alternative drinks.

To avoid injury or potentially serious workplace accidents, monitor the colour of your number one's and remember, prevention is better than cure:

Best Practices

- Drink Regularly: 180-240mls fluid / hour*
- Avoid Excess Caffeine
- Avoid High-Sugar Energy Drinks
- Replace Lost Electrolytes
- Keep a Thorzt Drink Bottle or Cooler on Site
- Thorzt is Caffeine-Free
- Thorzt is low in sugar, with sugar-free options
- Thorzt is scientifically formulated to maintain the correct fluid:electrolyte balance

*This is a guideline only, based on an eight hour day for the average sedentary male / female. Recommended fluid intake varies with body type and metabolism. Fluid intake should be increased prior to and during periods of strenuous physical activity and in exposure to extreme conditions.