

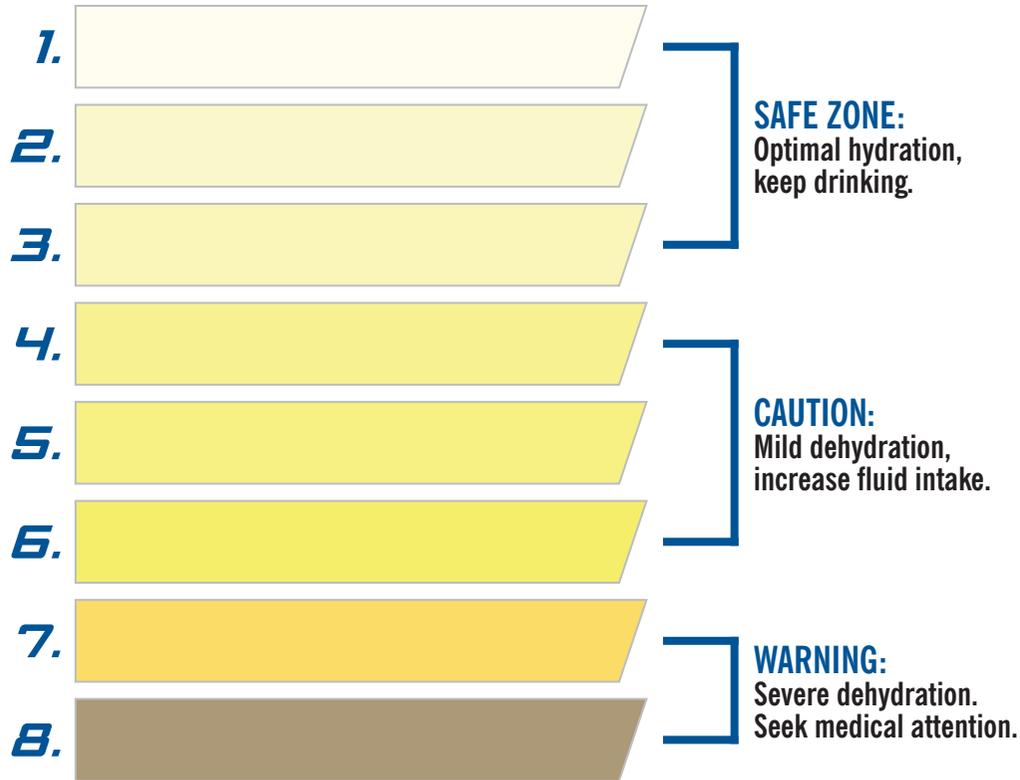


# HYDRATION CHART

## 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					

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:

250mls fluid every 20mins\* -

Keep a Thorzt Drink Bottle or Cooler on Site

#### AVOID EXCESS CAFFEINE:

Thorzt is Caffeine-Free

#### AVOID HIGH-SUGAR ENERGY DRINKS:

Thorzt is low in sugar, with sugar-free options

#### REPLACE LOST ELECTROLYTES:

Thorzt is scientifically formulated to maintain the correct fluid:electrolyte balance

*\*This is a guideline only. The Occupational Safety and Health Administration (OSHA) in North America recommends replacing fluids at a rate of 250mls / every 20 mins when working in warm environments. Recommended fluid intake varies with body type, metabolism, level of activity, and can also be influenced by external factors such as temperature, humidity, and wearing PPE.*