



Made for Extreme Australian Conditions

THORZT.COM



Contains electrolytes, amino acids and magnesium that cannot be replaced by drinking water alone.

**THORZT**  
HYDRATE · ENERGISE · PERFORM

VOLUME 4

# THORZT

HYDRATE · ENERGISE · PERFORM

## WHY THORZT

- *Made for Extreme Australian Conditions*
- *Proprietary Electrolyte Formula inc. Magnesium*
- *Contains Branch Chain Amino Acids and L-Glutamine*
- *Up to Half the Sugar of Other Leading Brands*
- *Gluten and Caffeine Free*
- *Hypotonic*
- *Industrial Athlete Programme*

[THORZT.COM](http://THORZT.COM)





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# “THORZT”

1. (thor-sst) noun – An industrial strength thirst. Give me a drink to satisfy my Thorzt!
2. A technically advanced rehydration formula designed specifically for Australian conditions.

## Need for fluids.

Dehydration adversely affects worker productivity, safety and morale.<sup>1</sup> Loss of fluids can cause Dehydration, Heat Stress, and Fatigue (DHF), the effects of which include decreased cognitive abilities, reduced performance and slowed reaction times.<sup>2,3,4</sup> This can lead to reduced output and careless work practices which may contribute to serious accidents in the workplace.

At just 1% dehydration, productivity reduces by about 12%.<sup>1,2</sup> At 2% dehydration, heart rate increases by 8 beats per minute (bpm) which increases perception of effort and reduces body performance by up to 30%.<sup>1,5</sup>

**At 3% dehydration, heart rate increases by 12bpm and performance is reduced by 25-50%. Reaction time is also slowed to levels similar to that of having a .08 Blood Alcohol Content (.03 above the legal driving limit).**<sup>1,6</sup>

At .08 BAC (Blood Alcohol Content) drivers are five times more likely to be in a car accident.<sup>7</sup> Similarly the more dehydrated workers become, the more a Loss Time Incident (LTI) is likely to occur.

**Drinking water replaces lost fluids but not essential salts, minerals, carbohydrates and amino acids needed to maintain optimum performance and productivity.**

Sweat contains water, and essential salts known as electrolytes. In a thermally stressful environment like a mine site where workers can sweat anywhere from 1L-2.5L per hour,<sup>6,8,9</sup> a specially formulated mixture of Electrolyte salts is required to replace fluid losses and re-establish the correct fluid-electrolyte balance.<sup>1,10</sup>

**Electrolyte drinks increase water retention by 25% compared with drinking water, assisting workers to avoid dehydration.**<sup>11</sup>

The addition of other ingredients such as Amino Acids will help the body to maintain stamina during prolonged physical activity.

## What are Electrolytes?

Electrolytes are naturally occurring essential minerals that control osmosis or movement of water within the body. Electrolytes also help maintain the acid-base balance required for normal cellular activities.

The body depends on electrolytes to perform vital functions by sending electrical signals from the brain to nerves that activate your muscles to perform mechanical functions. Maintaining this electrical capability and voltage output of cellular communication is dependent on electrolytes.

Most bodily functions require electrolytes, especially during neuromuscular processes.

When the body loses fluid and electrolytes, both must be replaced for the body to rehydrate, retain fluid and return to efficient functioning before heat illness sets in.



BLUE LEMONADE



LEMON LIME



WILD BERRY



TROPICAL



ORANGE



## Electrolytes and THORZT.

THORZT has been scientifically formulated to meet the hydration needs of a hard working body in extreme working conditions. Replacing measured proportions of electrolytes, essential minerals, carbohydrates, amino-acids and other nutrients, THORZT is designed for sustained hydration.

THORZT is a pleasant tasting, low sugar, caffeine-free, worker-tested drink, that re-establishes the correct electrolyte: fluid balance for optimum worker performance.

A common result of strenuous physical activity is magnesium loss. According to research, a deficiency in magnesium may reduce physical performance and capacity as well as contribute to muscle cramps and weakness. Magnesium has earned a nickname of "The Forgotten Electrolyte" as many so-called "sports drinks" neglect to include Magnesium in their ingredients.

THORZT is different! THORZT has been developed for sustained hydration on site, so Magnesium is an essential ingredient in THORZT included to promote endurance in extreme conditions.

Another ingredient contained in THORZT but overlooked by many "sports drinks" are Amino Acids (isoleucine, leucine, valine and l-glutamine). Branch Chain Amino Acids play an essential role in protein synthesis and muscle building, accounting for over a third of Essential Amino Acids.

Australia is an extreme climate that is only becoming more extreme. According to the Bureau of Meteorology, there is an upward trend in the mean temperature of the hottest day of the year, increasing by around 1° over the last 100 years.

In Australia and surrounding regions, a workplace heat stress management programme is an essential part of a safe workplace at all times of the year. Studies have shown that workers do not become dehydrated when they are well informed and follow a programmed drinking regime. THORZT is an essential component of any programmed drinking system.

**Technically advanced**

**Hydration drink**

**Optimal fluid retention**

**Replenishment instantly**

**Zest for productivity**

**Tastes sensational**

## Industrial Athlete Program

The key to implementing a strong heat stress management programme on site is education. Once workers understand the importance of hydration, and when to hydrate (which is not only when you feel thirsty), an OHS heat stress management programme and disciplined hydration naturally becomes inherent in the workplace culture.

To assist with educating staff about the importance of hydrating in the workplace, THORZT have developed the Industrial Athlete Programme. Engineered by THORZT's own inhouse athlete, David Rhodes (4th K2 1000m Athens Olympic Games) the Industrial Athlete Programme aims to achieve the following outcomes:

- Alert workers to the dangers of under hydrating
- Audit current hydration practices in the workplace
- Identify hydration challenges unique to each workplace
- Present practical methods of integrating programmed drinking into the daily routine

**If your workplace is interested in the Industrial Athlete Programme, please contact 1800 THORZT or go to THORZT.com to register your interest.**

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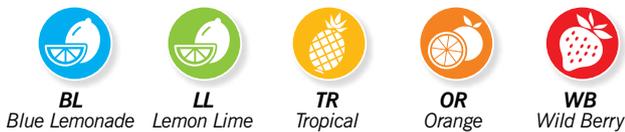




- Low in Sugar
- Gluten Free
- Caffeine Free
- Proprietary Electrolyte Formula inc. magnesium
- Essential Amino Acids inc. L-Glutamine
- Hypotonic



All sizes combinations in the THORZT Core Range are available in 5 flavours. Look out for the easily recognisable flavour symbol Codes when purchasing.



## LOW GI POWDERS



CODE:  
SS+Flavour

**Solo Shot** Sold in Solo Shot Packs of 10  
26g Solo Shots sachet - Makes 600ml

CTN QTY: 10 Solo Shots Pack of 10

Add sachet to drink bottle for the perfect mix and thirst quenching dispenser system.

\*5 Fruits mixed pack available - CODE: SSMIX



## LOW GI CONCENTRATES



CODE:  
LC20+Flavour

**Shot-Load (Liquid Concentrate)**  
1.25L Bottle - Makes 20L

CTN QTY: 8

Add bottle to a matching THORZT Cooler for the perfect mix and thirst quenching dispenser system.

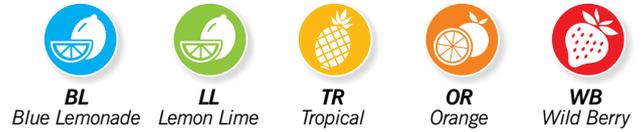
\* Liquid pump dispenser available





All sizes combinations in the THORZT Sugar Free Range are available in 5 flavours. Look out for the easily recognisable flavour symbol Codes when purchasing.

- 99.9% **Sugar Free**
- 99.9% Sugar Free
  - Gluten Free
  - Caffeine Free
  - Proprietary Electrolyte Formula inc. magnesium
  - Essential Amino Acids inc. L-Glutamine
  - Hypotonic



## 99.9% SUGAR FREE POWDERS



CODE:  
SSSF+Flavour

**Solo Shot** Sold in Solo Shot Packs of 50

**3g Solo Shot Sachet - Makes 600ml**

CTN QTY: 10 Solo Shots Packs of 50

Add sachet to drink bottle for the perfect mix and thirst quenching dispenser system.

\*5 Fruits mixed pack available - CODE: SSSF MIX



CODE:  
DBSSSF

**Drink Bottle Combo Pack**

**3g Solo Shot Sachet - Makes 600ml**

PACK QTY: 5 Mixed Packs. 1 x 3g sachet each flavour

Add Sachet to THORZT Drink Bottle for the perfect mix and thirst quenching dispenser system.



CODE:  
SFLC20+Flavour

**Shot-Load (Liquid Concentrate)**

**300ml Bottle - Makes 20L**

CTN QTY: 8

Add bottle to a matching THORZT Cooler for the perfect mix and thirst quenching dispenser system.

\* Liquid pump dispenser available



## READY TO DRINK



Australian Made

**THORZT's Ready To Drink (RTD) formula has been developed to take the hassle out of workplace hydration.**

Workers can now hydrate **"on the spot"** and experience the **sustained hydration benefits** of THORZT with no preparation time, contributing to increased workplace productivity.

THORZT RTDs are available in **industrial-sized 750ml bottles** that are ergonomically designed to be easy to grip, which is great when you have an industrial strength thirst and sweat is flowing out of you faster than you can replace it.

**Offered in THORZT's five unique, tried and tested flavours, there is an option for every taste palate.**



Blue lemonade  
CODE: RTDBL



Lemon Lime  
CODE: RTDLL



Tropical  
CODE: RTDTR



Orange  
CODE: RTDOR



Wild Berry  
CODE: RTDWB

CTN QTY: 12 Bottles



**Look out for the unmistakable THORZT fridge in store**



# ICE SHOTS



ICEMIX

**Ice Shots** Sold in Ice Shot Packs of 10  
Pack Qty 10 (2 x each fruit mix) Per Multi-Pack

CTN QTY: 10



## Cooling Benefits of Ice.

Initially trialed in 2003 with athletes<sup>1</sup> and studied prior to the 2008 Beijing Olympics,<sup>2,3</sup> the ingestion of ice was shown to be a superior method of lowering core body temperature than fluids served at 4°C.

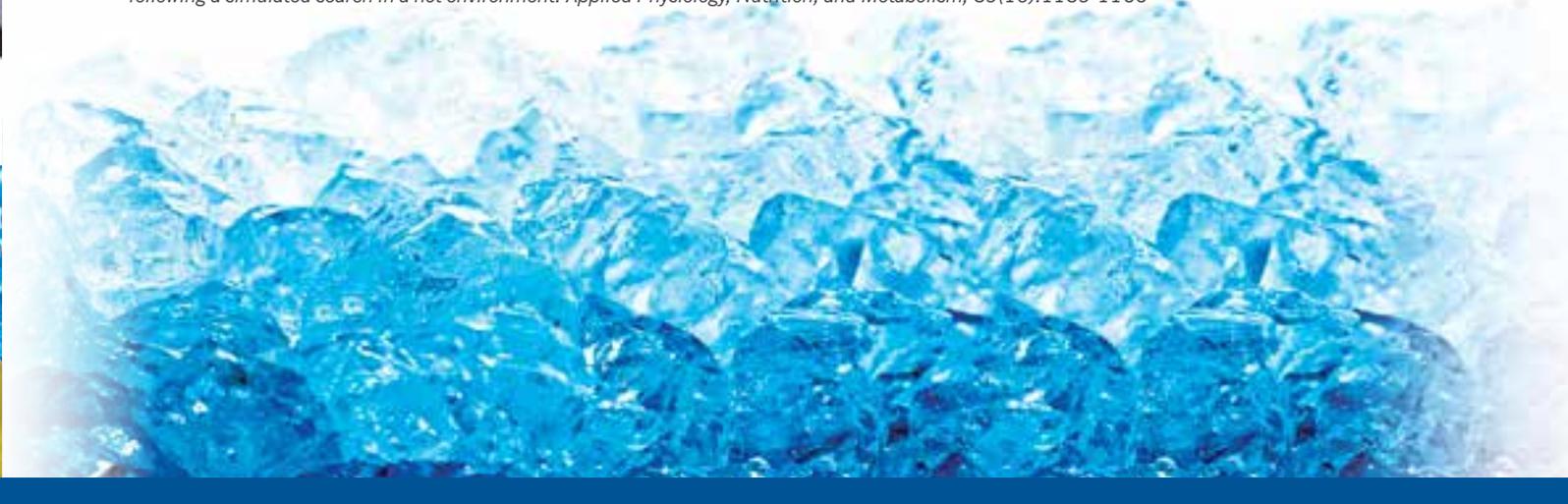
In addition to the cooling benefits, crushed ice ingestion also improved endurance performance in the heat.

The cooling benefits observed for elite athletes have been replicated in occupational settings. Firefighters wearing protective clothing while working in an extremely hot fire cell were able to lower their core body temperature more effectively when they consumed crushed ice during a rest break than the standard practice of resting in the shade with a cold drink.<sup>4</sup>



### References:

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- <sup>3</sup> Ihsan M, Landers G, Brearley M, Peeling P (2010). Beneficial effects of ice ingestion as a precooling strategy on 40-km cycling time-trial performance. *International Journal of Sports Physiology and Performance* 5(2): 140-51
- <sup>4</sup> Walker A, Driller M, Brearley M, Argus C, Rattray B (2014). Cold water immersion and iced slush ingestion are effective at cooling firefighters following a simulated search in a hot environment. *Applied Physiology, Nutrition, and Metabolism*, 39(10):1159-1166



## THORZT COOLER RANGE

**THORZT coolers and containers are:**

- BPA free for safe storage of consumables
- Polyurethane insulation
- Impact resistant exterior



### 800ml Drink Bottle

- Drink level side window

CODE:  
DB800



### 2 Litre THORZT Cooler

- Convenient Sippa Spout on lid
- High quality drip minimising push button tap

CODE:  
DC02



### 5 Litre THORZT Cooler

- Convenient Sippa Spout on lid
- High quality drip minimising push button tap
- Detachable cup 400ml
- Extra large wide port opening, great for filling with ice and cleaning

CODE:  
DC05+Colour



DC05B

DC050



### 20 Litre THORZT Cooler

- Fixed handles for superior grip
- Drip minimising screw tap for easy pouring
- Screw top lid

CODE:  
DC20



### 40 Litre THORZT Cooler

- Fixed handles for superior grip
- Drip minimising lever tap for easy pouring

CODE:  
DC40



## HYDRATION GUIDE

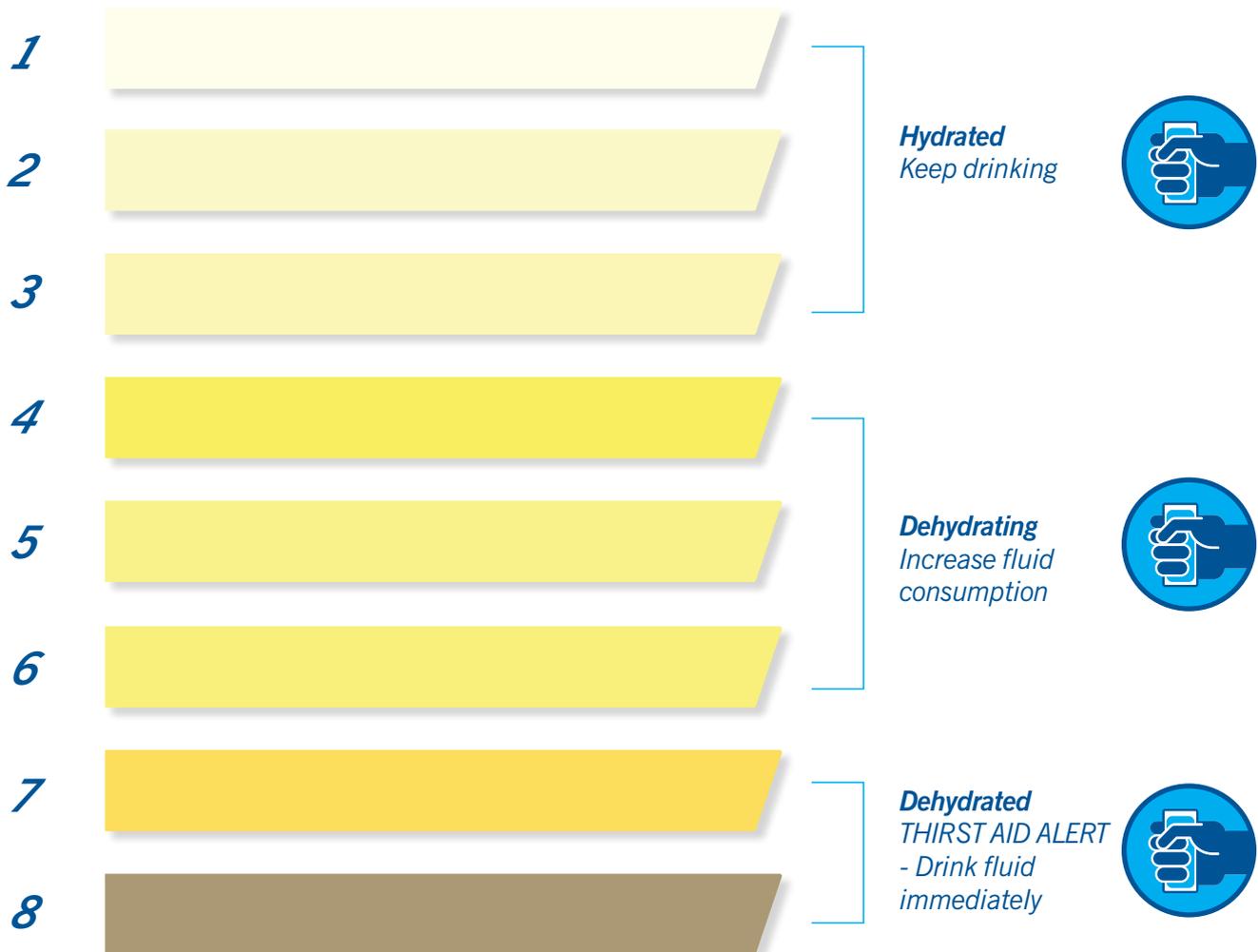
### When to hydrate?

THORZT hydrates the body in a fast efficient way to maintain peak performance at all times, but when do you need a THORZT Shot? One way to tell whether your body needs rehydrating is assessing the colour of your "number one's".

The following chart is a guide, outlining when to hydrate based on the colour of your urine.

If your urine matches the colours numbered 1, 2, or 3 you are hydrated, but keep drinking.

If your urine matches the colours numbered 4 through 8 you are dehydrated and need to drink more fluid.



*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.*

## DRINK ACCESSORIES

### LIQUID PUMP DISPENSER



**PRODUCT CODES:**

**LPD:** Liquid Pump Dispenser

**LPD300:** Sugar Free Liquid Pump Dispenser

The Thorzt Liquid Pump Dispenser is designed specifically to work with the 1.25L and 300ml THORZT liquid concentrate bottles as well making the optimum mix in our 800ml drink bottle.



CODE: LPD



CODE: LPD300

### WALL BRACKET

Encourage electrolyte replacement in the workplace whilst minimising mess with the help of the new THORZT wall bracket.

Designed specifically to house bottles of THORZT Liquid Concentrate, the sturdy wire frame is powder coated and equipped with a removable drip tray for easy cleaning.

Best used in conjunction with the THORZT Liquid Pump Dispenser, the THORZT Wall bracket is the must have addition to any workplace hydration station.

**PRODUCT CODES:**

**LWBS:** Single Bottle Bracket (Holds 1x Bottle)

**LWBD:** Double Bottle Bracket (Holds 2x Bottle)

**MATERIALS:**

Black, powder coated wire frame

Note - bracket only suits 1.25L bottles



Liquid Pump Dispenser [Not Included]

Fits THORZT Shot Load Liquid Concentrate [Not Included]

Features Removable Drip Tray

### BOTTLE POUCH

**PRODUCT CODE:**

BP

Designed to hold 800ml Thorzt Drink Bottle



**THORZT**

SUB ZERO GEAR

## COOLING APPAREL RANGE

Cooling apparel is designed to assist with Heat Stress prevention by promoting the body's thermoregulation.

In the Australian climate cooling is critical for many industries and has many benefits for worker performance. A cooler body improves the ability to sustain intensive workloads over long periods of time.

Cooler skin contributes to a number of physiological advantages:

- Less cardiac output is directed toward the skin
- A lower core body temperature
- Delay the onset of dehydration

## CHILLY VESTS

 **Australian Made**



### INNER FABRIC:

MICRON KNIT – 100% Australian Merino Wool for Temperature & Odour Control

Naturally Fire Retardant, Anti-static & Easy Care

### OUTER FABRIC:

COOLMESH - This 100% Australian made high performance sport fabric uses a Moisture Management system & Multi-Filament Technology for comfort and durability

### COOLING CRYSTALS:

Non-Toxic High Performance Polyacrylate/ Polyalcohol Copolymer

### SIZE RANGE:

M - 4XL

### PRODUCT CODE:

CV - Navy

CVO - High Vis Orange

## COOLING TIES



### PRODUCT CODE:

CTRB - Royal Blue

CTB - Black

## CHILL TOWEL

### PRODUCT CODE:

CSB - Blue



## HYDRATION BACKPACKS

Hold  
2.5L

### Bladder:

- Flexible, shock-proof
- 2.5L capacity
- BPA-free
- Wide opening port - slide lock system



Large 55mm diameter filling port  
(accommodates addition of ice)

Velcro tabbed protective cover

Stylish, slimline design

Closed cell Insulation  
keeps water cool for hours



Easy access tube clip  
tucks tube neatly out of  
the way when not in use



NEW slide port  
opening, to accommodate  
addition of ice

### Neoprene insulated Hydration Tube:

- 5.5mm diameter rapid liquid flow tube
- Quick release for easy cleaning
- UV resistant



### Bite Valve:

- Automatic flow / shut-off for hands free hydration
- Includes cover attachment to keep it clean & hygienic

V-Form retro reflective  
strips for low light visibility



High vis yellow and high vis orange  
colour options provide added safety

Fully adjustable straps with  
quick release buckle to reduce  
risk of snag injuries

### MATERIALS:

**Bladder:** TPV (thermoplastic vulcanite), BPA-Free

**Backpack:** 600D Polyester

### SIZES

2.5L Bladder

Qty/Carton: 20

### PRODUCT CODES:

**BP25Y:** Hydration Backpack 2.5L Hi-Vis Yellow

**BP25O:** Hydration Backpack 2.5L Hi-Vis Orange

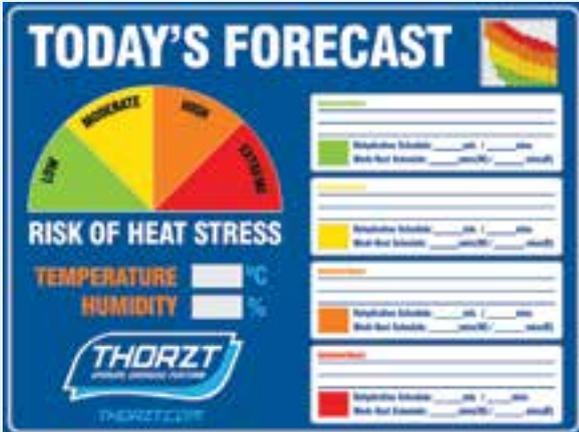
**BPB:** Replacement Bladder 2.5L

**BPRT:** Bite Valve & Drinking Tube

### Additional Info:

Screen Printing / Embroidery Compatible

## EDUCATION AWARENESS ACCESSORIES



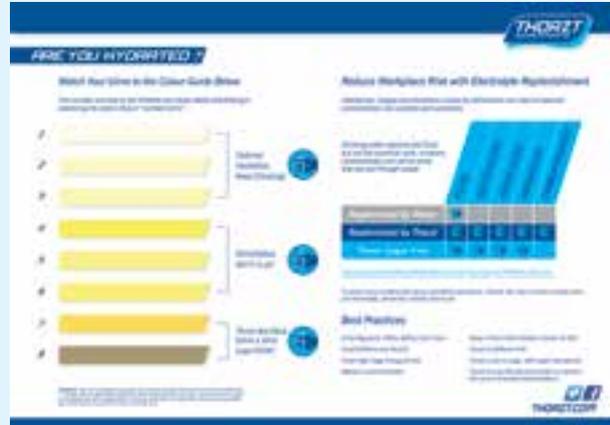
THORZT Heat-Stress Forecast Board

**PRODUCT CODE:**

THOIHS

Size 1100mm x 800mm

Internal Heat Stress Forecast Sign



Hydration Guide

**PRODUCT CODE:**

THOHG

Size 1100mm x 800mm

Hydration Guide Sign

## REFRACTOMETER



**PRODUCT CODE:**

PENUSG

Refractometer PEN-Urine S.G Cat No #3741

Carton Qty - 1

### Using a Refractometer

While urine colour works well as a quick and easy guide, a far more accurate reading can be attained by using a Refractometer. The ATAGO Pen Refractometer (Model No. 3471) is designed to measure USG (urine specific gravity), which is closely related to urine colour and can be used as an efficient way to assess hydration status.

Lighter coloured urine is more dilute (i.e. it has less molecules per volume), and has a specific gravity closer to that of water (1.00), indicating a good hydration status. Dark coloured urine results from having more molecules per volume (higher USG) and indicates dehydration.



Heat Stress Danger Meter

**PRODUCT CODE:**

THOEHS

Size 1100mm x 800mm

External Heat Stress Forecast Sign

## COOLING FAN

**PRODUCT CODE:**

MF

Note - Custom order only



The THORZT Power Cooler is a unique cooling system that creates a comfortable, cool environment both indoors and outdoors.

- Robust design with wheels for mobility - One person move
- Reduces temperatures by Up to 15 degrees Celsius
- Cools up to 300m<sup>2</sup>
- Integrated easy fill 60L water tank.
- Plays a vital role in Heat Injury Prevention

# Drink THORZT to satisfy your Thorzt!

## THE THORZT STORY

The THORZT Story is testimony to finding a solution to a personal requirement ... the need for an electrolyte formula that meets the hydration requirements of heat stressed Australian workers. Four athletes who understand the requirements for a hard working body have contributed their unique set of skills, experience and passion to going a long way to finding the solutions to Dehydration in the Workplace.

You may not reach the heights of the athletes responsible for THORZT, but you may be amazed at your improved performance, recovery and feeling of well-being by hydrating with THORZT, a formula scientifically designed for Australian conditions.

It's probably not known by many, that Tim Bird MD of Paramount Safety (manufacturers of THORZT) is also an elite athlete, holding the record for the white water classic, The Avon Descent in WA since 1997 and also represented Australia at the 2001 World Championships in Flat water Kayaking.

Hydration is a big part any endurance training programme. Training with long-time friends and Paramount colleagues, ironman competitor and paddler Brad Rodgers and NZ International paddler Owen Hughes – Competed in the 1996 Atlanta Olympics and 5 World Championships. The three athletes found they were not getting the hydration they required from the existing electrolyte drinks on the market, so they collaborated to research an electrolyte formula designed for sustained hydration and muscle recovery. While searching through market research in sport and industry what became apparent was workplace heat stress and hydration had become an issue amongst OHS/HSE professionals. Already being in the industry of manufacturing and distributing PPE to protect the outside of the body, the same criteria could be used to protect the inside of the body.

Sustained hydration, as experienced in sporting events, were being sought in the industrial workplace where dehydration was a factor in reduced work efficiency and safety.

If the three could develop an electrolytic formula that met their training requirements, it made sense that a customised formula could be developed to address heat stress and hydration in the workplace.

After an arduous process of researching and trialling the team arrived at the optimum formula, and THORZT was born. After scientific assessment by university physiologists, who complimented the low sugar content and the inclusion of essential amino acids, the brand was ready to hit the market.

Tim, Brad and Owen had hectic schedules running the day-to-day operations of Paramount Safety, they needed to find someone to tell workplaces Australia-wide how THORZT could improve their Heat Stress Management and Hydration Solutions. Enter David Rhodes, an Olympian, (4th K2 1000m Athens) fellow paddling competitor, and long-time friend. David's firsthand knowledge of heat stress and dehydration in his workplace of paddling and his communication skills made him the ideal candidate to spread the THORZT message.

David advocates workplace hydration all over Australia, sharing his heat stress and hydration experiences training as an Olympian and now as a Weekend Warrior.

"It's not all about drinking electrolytes, they aren't the silver bullet – it's more about getting back to the basics and where THORZT can play a role in your Heat Stress Management and Hydration Solution".

Through Tim's foresight, Brad's determination, Owen's ambition and David's voice, the THORZT brand is built on experiences.



LOW GI

- Low in Sugar
- Gluten Free
- Caffeine Free
- Proprietary Electrolyte Formula inc magnesium
- Essential Amino Acids inc L- Glutamine
- Hypotonic



99.9% Sugar Free

- 99.9% Sugar Free
- Gluten Free
- Caffeine Free
- Proprietary Electrolyte Formula inc magnesium
- Essential Amino Acids inc L- Glutamine
- Hypotonic

For more information on Occupational Heat Stress Management and THORZT go to   [THORZT.COM](http://THORZT.COM)

All THORZT powder and liquid concentrates are made in accordance with FSANZ Code (Australia New Zealand Food Standards Code)



Manufactured in a HACCP (Hazard Analysis Critical Control Point) approved facility.

Manufactured for:

Paramount Safety Products (PSP) Pty Ltd

PO Box 731 Balcatta WA 6021

Tel: Australia 1800 THORZT (1800 846 798)

Tel: New Zealand 0800 THORZT (0800 846 798)

Email: [info@thorzt.com](mailto:info@thorzt.com)

THORZT is available from all good safety outlets. Go to [THORZT.com](http://THORZT.com) for a stockist list.

Made for Extreme Australian Conditions 