

PRODUCT CODE:  
ICEMIX

# ICY POLES

**THORZT**  
HYDRATING HARD WORK

## DESCRIPTION

INITIALLY TRIALLED IN 2003 WITH ATHLETES AND STUDIED PRIOR TO THE 2008 BEIJING OLYMPICS, 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.

## FEATURES & BENEFITS

- Low in Sugar.
- Caffeine and gluten free.
- Proprietary electrolyte formula inc. Sodium, Potassium and Magnesium.
- Easy way to treat dehydration associated with heat stress and illness
- THORZT Icy Poles are a soothing way to rehydrate.
- Available in 5 delicious flavours
  - Blue Lemonade
  - Lemon Lime
  - Orange
  - Wild Berry
  - Tropical

## SERVING

1. Place THORZT Icy Poles in the freezer.
2. When frozen, simply snap and twist the Icy Pole, breaking it in half. No need for sharps/ scissors on site.
3. Gently squeeze bottom of the frozen THORZT Icy Pole, enjoy small amounts until consumed.

## APPLICATIONS

- Outdoor / indoor work
- Heavy physical activity
- Sports

## PRODUCT DETAILS

Pack Qty: 10 x 90ml tubes per pack  
Ctn Qty: 15 x packs of 10 x 90ml tubes



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## NUTRITIONAL INFORMATION

### Nutrition Information

Servings per package:	10	
Serving size:	90 mL	
	<b>Per Serving *</b>	<b>Per 100 mL*</b>
Energy	<b>96 kJ</b>	<b>107 kJ</b>
	<b>23 cal</b>	<b>26 cal</b>
Protein	<b>0 g</b>	<b>0 g</b>
Fat, Total	<b>&lt;0.1 g</b>	<b>&lt;0.1 g</b>
- Saturated	<b>&lt;0.1 g</b>	<b>&lt;0.1 g</b>
Carbohydrates	<b>5.5 g</b>	<b>6 g</b>
- Sugars	<b>4.5 g</b>	<b>5 g</b>
Sodium	<b>73 mg</b>	<b>76 mg</b>
Magnesium	<b>1.4 mg</b>	<b>1.5 mg</b>
Potassium	<b>17.1 mg</b>	<b>19 mg</b>
Chloride	<b>33 mg</b>	<b>36.6 mg</b>
Dietary Fibre	<b>0.3 g</b>	<b>0.3 g</b>

\* Average quantity



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