



Brain
Even 4 hours without water can lead to a drop in energy, mood, and cognitive function.²

Kidneys
Without enough water, wastes and acids build up in the body, leading to kidney stones and urinary tract infections. Mild but frequent dehydration can even cause permanent kidney damage.³

Heart
Dehydration reduces the amount of blood in your body, raising heart rate and blood pressure.⁴

When It Comes to Hydration, Water Alone Isn't Enough

At least one in five older adults in long-term care has dehydration due to not drinking enough fluids¹, making it a real danger that must be proactively avoided. While plain water can be essential to maintaining hydration, it doesn't deliver key electrolytes our bodies need. And, let's face it, water can get boring. It lacks in flavor and appealing color for the elderly. Water fatigue is a prevalent issue faced by healthcare workers and caregivers, especially in residential care. But, the Thick-It[®] and Sqwincher[®] brands have hydration management solutions to add variety to your offerings.

Created through an innovative partnership between the Thick-It[®] and Sqwincher[®] brands, Clear Advantage[®] HydraICE[™] Electrolyte Freezer Pops are a unique way to provide residents electrolytes to help with hydration.⁵ Thanks to our expertly crafted formula, the freezer pops can be enjoyed by all residents—including those with dysphagia on a Level 2 Mildly Thick modified diet.



Product Description	Consistency	Case Pack	Manu #
HydraICE [™] Electrolyte Freezer Pops	Mildly Thick (Nectar)	50/1.5 fl oz pops	J615-T5800
HydraICE [™] Electrolyte Freezer Pops	Mildly Thick (Nectar)	100/1.5 fl oz pops	J615-PT800

Nutrition Facts	
50 servings per container	
Serving size	1 Pop (47mL)
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 23mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:
Water, Sugar, Dextrose, Citric Acid, Xanthan Gum, Natural & Artificial Flavor, Gum Acacia, Salt, Potassium Citrate, Sodium Benzoate & Potassium Sorbate (Preservatives), Color (Yellow 5, Yellow 6), Sodium Citrate, Potassium Phosphate, Sodium Phosphate, Calcium Phosphate, Magnesium Carbonate.

Do not use Thick-It[®] products with infants under the age of 2. Thick-It[®] products should only be used with children under the age of 12 in consultation with a physician.

“ 11 out of 11 healthcare professionals surveyed would serve HydraICE[™] Electrolyte Freezer Pops to residents with or without dysphagia. ”

© 2020 Kent Precision Foods Group, Inc. Thick-It[®], Clear Advantage[®], and Sqwincher[®] are registered trademarks of Kent Precision Foods Group, Inc.
¹Bunn D., Hooper L., Welch A. Dehydration and Malnutrition in Residential Care: Recommendations for Strategies for Improving Practice Derived from a Scoping Review of Existing Policies and Guidelines. *Geriatrics*. 2018;3:77. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6412353/> ²Held, Markham. Your Brain On: Dehydration. Shape.com. ³National Kidney Foundation. Can Dehydration Affect Your Kidneys? *Kidney.org*. ⁴The Heart Foundation. The Importance of Water. March 8, 2019. ⁵Rush University Medical Center. Health & Wellness, "Body Electric: Most often linked to sports drinks, electrolytes are vital for good health." February 28, 2015 <https://www.rush.edu/health-wellness/discover-health/essential-electrolytes>



Tested by Kent Precision Foods Group, Inc. www.IDDSI.org



ThickIt.com • 800.333.0003

HCSSPI20