



H S E

HEALTH SAFETY ENVIRONMENTAL



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Water Enhancement & Supplements

As the full heat and humidity of summertime come into effect, the Health and Safety Department has received multiple requests for information regarding water enhancement and supplements. These items may include powdered drink mixes and liquids that can be added to water, such as Liquid I.V.[™] or MIO[™].

While the use of these items can be beneficial in aiding the rehydration process, they can also cause adverse effects, such as electrolyte imbalances, digestive problems like diarrhea or nausea, and, in some cases, heart irregularities. These items function similarly to products like Gatorade[™], providing electrolytes such as sodium and potassium.



If these products are misused through excessive use, this can create an electrolyte imbalance that can cause signs associated with dehydration, such as muscle cramps, weakness, and in severe cases, heart rhythm problems.

GIS and its family of companies does not have a policy in place prohibiting the use of these types of items; however, the Health and Safety Department would like to offer the following recommendations:

- **Use these products in moderation.** Products such as these contain significant amounts of sugar and sodium and should be balanced with water.
- **Consider your activity level.** These products are designed for intense and prolonged physical activities where significant amounts of fluids and electrolytes are lost through sweat.
- **Be mindful of Individual Health Conditions.** These products should not be used by individuals with medical conditions such as diabetes, kidney disease, or heart conditions before consulting a doctor.



SAFETY ALERT