

NO ARTIFICIAL

**FLAVOURS
COLOURS OR
SWEETENERS**



DRINK SMART BODY™
ARMOUR A

PRODUCT GUIDE 2025.v3

BODY ARMOUR PTY LTD

ORIGIN STORY

Established in 2017, Body Armour is an Australian company born from the shared vision of four friends, offering the perfect balance of 33 years of collective experience in the mining industry, manufacturing expertise, and technical nutrition knowledge. Recognising that proper nutrition plays the most important role in ensuring optimal physical and mental performance, enhanced focus, reduced fatigue and improved safety, our mission is to provide healthy, effective recovery and performance solutions based on modern science.

At Body Armour,

we specialise in the manufacturing of premium recovery formulas that are proven to support and improve the body's recovery process, leading to enhanced performance.

Our promise is our commitment to delivering only the highest quality. At Body Armour, we don't follow trends, we follow data. Every formula we create is rooted in modern science and designed to meet the real-world demands of people to deliver genuine, tangible health and performance results.

We stand as true partners with all individuals and groups who are set on a quest for peak performance and sustained vitality.

"We are on a mission to challenge the large brands who currently provide hydration and recovery solutions. For too long we've been exposed to products filled with hidden toxins, harmful chemicals, and false promises masked in clever marketing.

Integrating effective and quality recovery products into our site's facilities would be a game changer, the data is clear! It is not just a choice, but a strategic move towards ensuring a safe, healthier and more productive environment".



Toni McQuinn
Body Armour Director



GROUNDING IN
SCIENCE
& DRIVEN BY
PASSION



THE SCIENCE



For more information scan
here to visit our website

Hydration is Only Half of the Equation

Proper electrolyte balance is essential not just for hydration, but for muscle function, nerve transmission, and overall cellular health. As we age, changes in kidney function increase our need for key electrolytes like potassium, magnesium, and calcium to support muscle recovery and maintain bone strength. Getting enough of these vital elements enhance physical performance, support mental focus, and promote long-term well-being.

Hydration Fit for Purpose

Traditional hydration drinks often rely on glucose as a carrier for electrolytes, an effective method developed for endurance athletes where rapid energy is beneficial. But for everyday hydration, it's unnecessary and often counterproductive. Blood sugar spikes cause the body to draw water from its cells to restore balance, impairing cellular hydration and contributing to fatigue and brain fog. Elevated blood sugar also triggers excess urination, flushing out vital electrolytes and leaving the body less hydrated. With sugar intake in Australia at record highs, contributing to obesity, heart disease, and diabetes, it's time to rethink what goes into your drink. The WHO recommends less than 50g of sugar per day, yet many popular hydration products deliver up to 25% of that in a single serve. Real hydration comes from minerals and electrolytes, not sugar.

The Truth Behind 'Zero Sugar'

Many products marketed as “zero sugar” rely on artificial sweeteners like sucralose to maintain sweetness. While technically sugar-free, these synthetic compounds have been linked to gut microbiome disruption, headaches, glucose intolerance, and long-term metabolic changes. That's why we use a plant-based sweetener, thaumatin, a naturally derived alternative that delivers clean sweetness without the artificial aftertaste or potential health concerns. Cutting sugar shouldn't mean compromising your health.

Why Hypotonic?

Hypotonic hydration solutions contain a lower concentration of solutes than the body's fluids, allowing for rapid absorption through the intestinal wall. This means fluid reaches the bloodstream more quickly, making it ideal for preventing dehydration during high-intensity activity or heat exposure. Hypotonic drinks are also gentler on the stomach, with less risk of bloating or discomfort. This makes them suitable for both daily use and demanding conditions, which is why all Body Armour Hydration formulas are hypotonic.

No Colour Is Worth the Risk

Artificial food dyes are commonly used in supplements, drinks, and foods for visual appeal, but they offer no nutritional value. Growing research is now challenging their safety. Numerous studies have linked synthetic colours to behavioural issues in children, liver and kidney damage, DNA damage, gut inflammation, allergic reactions, and potential carcinogenicity. Some dyes, such as Red 40, Yellow 5, and Blue 1, are banned or require warning labels in other countries, yet remain widely used in Australia. We've chosen to avoid them. Body Armour formulas use natural colours like curcumin, beta-carotene, spirulina, and carmine, selected not only for their safety, but also for their added functional benefits. Performance and recovery should never come with hidden risks.

Our Standards

We continuously review our formulas, seeking improvements aligned with emerging science. Every ingredient, from minerals to flavourings to colours, is meticulously assessed with one key question in mind: is this the safest, most effective option available? We don't compromise on quality, and we don't include ingredients just because “everyone else does.” Our mission is to support performance and recovery through clean, science-backed formulations.

All information provided is for general informational purposes only and does not substitute professional medical advice. Results may vary based on individual health, lifestyle, and usage. Body Armour products are formulated using scientific research and comply with Australian food and supplement regulations. No claims are intended to diagnose, treat, or cure any condition. References and source materials are available upon request.

BENEFITS

Improve Hydration Efficiency

Boosts Daily Energy Levels

Enhance Mental Clarity

Muscle Function & Recovery

Gentle on Digestion

50 Sachets per Pouch - 5g serve

Pineapple | Lemon + Lime | Blackcurrant

Raspberry | Strawberry + Lime | Orange

Rip, Tip & Sip: Mix with 600ml water



HYDRATE. FEEL GOOD.

PER 5g SERVING

Sodium 150mg

Potassium 120mg

Calcium 71mg

Magnesium 60mg

Chloride 362mg

Vitamin C 10mg

Vitamin B1 80µg

Vitamin B2 90µg

Vitamin B3 1mg

Vitamin B5 0.5mg

Vitamin B6 0.1mg

Vitamin B7 20µg

Vitamin B9 10µg

Vitamin B12 0.3µg

Glutamine 167mg

L-Theanine 1mg

Energy 62kJ

Protein 0g

Fat, total 0.0g

- Saturated 0.0g

Carbohydrates 0.28g

- Sugars 0.04g



HYPOTONIC SACHETS

HYDRATE⁺

Delivering Optimal Recovery & Performance

Body Armour Hydrate+ is a next-generation premium hydration formula, scientifically developed using the latest nutritional research. It delivers a full spectrum of electrolytes, combined with synergistic ingredients in a hypotonic solution to support optimal performance and effective recovery. Proudly formulated and manufactured in Australia, it's designed for safe, effective daily use, promoting rapid hydration with no added sugar.

WHY 'NO ADDED SUGAR'?

Everyday hydration does not require added sugar, so we don't add it. Our sachets do contain a small amount of naturally occurring sugar from Sea Buckthorn however, a nutrient-dense berry included for its health benefits, not for sweetness. These natural sugars are minimal and come alongside a range of antioxidants, vitamins, and essential nutrients that support overall well-being.



5 Electrolytes

Contains the full spectrum of key electrolytes including sodium, potassium, magnesium, calcium and chloride.

9 Vitamins

Includes specialised ingredients such as B-vitamins, Vitamin C, L-Theanine and Glutamine to support cognition, energy, muscle health and recovery.

Ingredients: Body Armour Hydration Blend (Glycine, Glutamine, Calcium Lactate monohydrate, Magnesium Glycinate, Sodium Chloride, Potassium Chloride, Silica Sipernat, Sea Buckthorn, L-Theanine), Natural Raspberry Flavour, Arabic Gum/Rice Maltodextrin, Citric Acid, Natural Colours (Curcumin, Blue Spirulina, Red Beetroot), Panmol B, Thaumatin.



SQWINCHER

THORTZ

AQUALYTE

EN IQ

BEROCCA

HYDRALYTE

ARCKUP

Serving size	5g	3g	3g	12.5g	20g	4g	4.9g	4g
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5 KEY ELECTROLYTES

Sodium	150mg	138mg	217mg	70mg	99mg	0.2mg	210mg	236mg
Potassium	120mg	114mg	99mg	30mg	-	0.3mg	160mg	104mg
Magnesium	60mg	-	39mg	-	-	225mg	-	36mg
Chloride	362mg	-	Unspecified	Unspecified	-	-	315mg	Unspecified
Calcium	71mg	-	-	-	-	-	-	36mg

ARTIFICIAL INGREDIENTS

Artificial Colours	NO	YES	YES	NO	NO	NO	NO	YES
Artificial Flavours	NO	YES	YES	YES	NO	YES	NO	YES
Artificial Sweeteners	NO	YES	YES	NO	YES	YES	YES	YES
- Sweetener used	Thaumatococcus	Sucralose	Sucralose	Sucrose,Glucose	Sucralose	AP - 950	Glucose / Sucralose	Sucralose

NUTRITIONAL INFO

Carbohydrates	0.28g	<1g	0.8g	9.3g	19.1g	<1g	2.91g	1.8g
- Sugar	0.04g	<1g	0.2g	9.3g	4.18g	<1g	2.91g	0.4g

ADDITIONAL INGREDIENTS

Glutamine	150mg	-	37.5mg	-	-	-	-	-
Sea Buckthorn	10mg	-	-	-	-	-	-	-
Vitamin C	10mg	-	40mg	-	-	80mg	-	38mg
Vitamin B Complex	YES	-	SOME	-	-	-	-	-
(B1,B2,B3,B5,B6,B7,B9,B12)	ALL	-	B1,B3,B6,B12	-	B2	B1,B6,B9,B12	-	B6,B12
Zinc	-	-	6mg	-	-	-	-	5mg
L-Carnitine	-	-	15mg	-	-	-	-	-
Glycine	234mg	-	-	-	-	-	-	-

RECOMMENDED DAILY INTAKE

Based on Males 31-50 years old

Sources: www.eatforhealth.gov.au

www.healthdirect.gov.au

www.who.int

Sodium
Potassium
Magnesium
Chloride
Calcium
Sugar

2000 mg/day
3,800 mg/day
420mg/day
2300 mg/day
1,000mg/day
50g/day

RDIs are based on the nutritional needs of a healthy individual leading a typical, low-to-moderate activity lifestyle. It's important to note that industrial athletes working in extreme conditions may require higher amounts of nutrients, including calories, protein, and electrolytes, to support the increased physical demands and environmental stress they face.

The information provided in this comparison table is based on publicly available ingredient lists of the respective products as of the date of publication. All efforts have been made to ensure accuracy; however, ingredient formulations may change over time. This table is intended for informational purposes only and does not constitute an endorsement, recommendation, or disparagement of any product or brand. While the data is presented to facilitate comparison, it should not be construed as a claim of superiority or inferiority of any product. The reader is encouraged to verify all information independently and consult with relevant experts or authorities before making any purchasing decisions. - Aug 2025

COMPARISON TABLE

POWDER SACHET SINGLE SERVING

BENEFITS

Improve Hydration Efficiency

Boosts Daily Energy Levels

Enhance Mental Clarity

Muscle Function & Recovery

Gentle on Digestion



HYDRATE. FEEL GOOD.

PER 30ml SERVING

Sodium 153mg

Potassium 112mg

Magnesium 46mg

Vitamin B5 1.2mg

Vitamin B6 1.2mg

Vitamin B12 1.3µg

Vitamin D 0.47µg

Vitamin C 10mg

L-Theanine 48mg

Energy 103kJ

Protein 0g

Fat, total 0g

- Saturated 0g

Carbohydrates <1g

- Sugars 0g

2L Liquid Concentrate

30 ml serving | 66 serves

**Watermelon | Raspberry | Pineapple
Orange | Lemon + Lime | Wild Berry**

**ZERO
SUGAR**



**GLUTEN
FREE**



**LACTOSE
FREE**



HYPOTONIC LIQUID CONCENTRATE

HYDRATE⁺

Delivering Optimal Recovery & Performance

Body Armour Hydrate+ Cordials are a clean, concentrated hydration solution designed for convenience and daily use. Formulated with a hypotonic electrolyte base and naturally sweetened with thaumatin, they deliver rapid hydration with zero added sugar and no artificial sweeteners, colours, or flavours.

Ideal for staff lunch rooms, crib rooms, or hydration stations, the Cordials are made to encourage consistent fluid intake throughout the day. Each bottle can be paired with a heavy-duty pump for easy, mess-free dosing, allowing a measured shot of electrolytes to be added to any glass or water bottle. When positioned next to a tap, it becomes a highly effective hydration hub that promotes better water habits across teams and workplaces.

With six flavours to choose from, this range remains a go-to favourite in all kinds of work environments.

4 Electrolytes

Contains key electrolytes, sodium, potassium, magnesium and chloride in a highly absorbable form.

L-Theanine

Nootropic

L-theanine is an amino acid known to promote calm focus, reduce stress, and support cognitive performance without causing drowsiness.

5 vitamins

Ingredients: Water, Glycerine, Natural Flavours, Vitamins (Vitamin C, Vitamin B12, Vitamin B6, Vitamin B5, Vitamin D), L-Theanine, Citrus Pectin, Minerals (Magnesium Citrate, Sodium Chloride, Potassium Chloride), Citric Acid, Natural Sweetener (Thaumatococcus), Natural Colour (Carmine, Beta Carotene, Carmine, Carthamus extract, Spirulina Extract), Potassium Sorbate, Sodium Benzoate.

Serving suggestion:
Mix 30 mL with 300ml
water (ratio 1:9).



COMPARISON TABLE

CORDIAL CONCENTRATE VS RTD

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		SQWINCHER	THORTZ	GATORADE	POWERADE
Serving size	30ml	18ml	60ml	600ml	600ml
5 KEY ELECTROLYTES				RTD	RTD
Sodium	153mg	41mg	217mg	306mg	168mg
Potassium	112mg	34mg	99mg	135mg	198mg
Magnesium	46mg	0.4mg	38mg	-	35mg
Chloride	341mg	Unspecified	Unspecified	-	Unspecified
Calcium	-	0.4mg	-	-	88mg
ARTIFICIAL INGREDIENTS					
Artificial Colours	NO	YES	YES	YES	YES
Artificial Flavours	NO	YES	YES	YES	YES
Artificial Sweeteners	NO	NO	YES	NO	NO
- Sweetener used	Thaumatococcus	Dextrose	Sucralose	Sucrose	Sucrose
NUTRITIONAL INFO					
Carbohydrates	0.08g	13g	11.3g	36g	34.8g
- Sugar	0g	13g	10.7g	36g	34.8g
		(26% of your RDI)	(21% of your RDI)	(72% of your RDI)	(69% of your RDI)
ADDITIONAL INGREDIENTS					
Zinc	-	-	6.1mg	-	-
Vitamin C	10mg	-	-	-	-
Vitamin B12	1.2ug	-	-	-	-
Vitamin B6	1.2mg	-	-	-	-
Vitamin B5	1.1mg	-	-	-	-
Vitamin D	0.7ug	-	-	-	-
L-Theanine	48mg				

*RTD - Ready to drink

RECOMMENDED DAILY INTAKE

Based on Males 31-50 years old

Sources: www.eatforhealth.gov.au
www.healthdirect.gov.au
www.who.int

Sodium 2000 mg/day
Potassium 3,800 mg/day
Magnesium 420mg/day
Chloride 2300 mg/day
Calcium 1,000mg/day
Sugar 50g/day

RDIs are based on the nutritional needs of a healthy individual leading a typical, low-to-moderate activity lifestyle. It's important to note that industrial athletes working in extreme conditions may require higher amounts of nutrients, including calories, protein, and electrolytes, to support the increased physical demands and environmental stress they face.

BENEFITS

Improve Hydration Efficiency

Boosts Daily Energy Levels

Enhance Mental Clarity

Muscle Function & Recovery

Gentle on Digestion



HYDRATE. FEEL GOOD.

PER 90ml SERVING

Sodium 55mg

Potassium 36mg

Magnesium 24mg

Vitamin B5 60µg

Vitamin B6 60µg

Vitamin B12 0.6µg

Vitamin D 0.45µg

Vitamin C 5mg

L-Theanine 25g

Energy 125kJ

Protein 0g

Fat, total 0g

- Saturated 0g

Carbohydrates 0.4g

- Sugars 0g

90 ml serving | 12 serves per Pouch

Tropical | Raspberry | Mixed Berry

Lemon + Lime | Watermelon | Orange





HYPOTONIC ICY POLES

HYDRATE⁺

Delivering Optimal Recovery & Performance

Body Armour Hydrate+ Icy Poles are a clean, effective hydration option designed to support both fluid balance and temperature regulation in hot or high-intensity environments. Formulated with a full spectrum of electrolytes in a hypotonic base, they offer rapid hydration with no zero sugar or artificial sweeteners.

Consuming ice has been shown to assist with thermoregulation by reducing the rise in core body temperature. This effect is driven by the transfer of heat between the cold product and the gastrointestinal tract, helping the body shed excess heat quickly. Research suggests that ingesting 5g of crushed ice per kg of body weight over a short period can assist in cooling.

4 Electrolytes

Contains key electrolytes, sodium, potassium, magnesium and chloride in a highly absorbable form.

L-Theanine

Nootropic

L-theanine is an amino acid known to promote calm focus, reduce stress, and support cognitive performance without causing drowsiness.

5 Vitamins

Ingredients: Glycerine, Natural Flavours, Vitamins (Vitamin C, Vitamin B12, Vitamin B6, Vitamin B5, Vitamin D), L-Theanine, Minerals (Magnesium Citrate, Sodium Chloride, Potassium Chloride), Citric Acid, Natural Sweetener (Thaumatococcus), Natural Colours (Beta Carotene, Carmine, Carthamus extract, Spirulina Extract), Potassium Sorbate, Sodium Benzoate.





SQWINCHER

SQWINCHER ZERO

THORTZ

HYDRALYTE

ZOOOPER DOOPER

Serving size

90ml

89ml

89ml

90ml

62.5ml

70ml

5 KEY ELECTROLYTES

Sodium

55mg

20mg

20mg

22mg

77mg

14mg

Potassium

36mg

19mg

14mg

17mg

54mg

-

Magnesium

24mg

-

-

1.4mg

-

-

Chloride

105mg

-

-

33mg

-

-

Calcium

-

-

-

-

-

-

ARTIFICIAL INGREDIENTS

Artificial Colours

NO

YES

YES

YES

YES

YES

Artificial Flavours

NO

YES

YES

YES

YES

YES

Artificial Sweeteners

NO

NO

YES

NO

YES

YES

- Sweetener used

Thaumatococcus

Sugar, Dextrose

Sucralose

Sucrose,
Dextrose,
FructoseSugars,
SucraloseSugars,
Sucralose

NUTRITIONAL INFO

Carbohydrates

0.4g

12g

5g

5.5g

-

11.3g

- Sugar

0g

12g

0g

4.5g

-

11.1g

ADDITIONAL INGREDIENTS

(3g Sugar Alcohol)

Vitamin C

5mg

-

-

-

-

-

Vitamin B12

0.6ug

-

-

-

-

-

Vitamin B6

0.6mg

-

-

-

-

-

Vitamin B5

0.6mg

-

-

-

-

-

Vitamin D

0.4ug

-

-

-

-

-

L-Theanine

25mg

-

-

-

-

-

RECOMMENDED DAILY INTAKE

Based on Males 31-50 years oldSources: www.eatforhealth.gov.auwww.healthdirect.gov.auwww.who.int**Sodium**
Potassium
Magnesium
Chloride
Calcium
Sugar2000 mg/day
3,800 mg/day
420mg/day
2300 mg/day
1,000mg/day
50g/day

RDIs are based on the nutritional needs of a healthy individual leading a typical, low-to-moderate activity lifestyle. It's important to note that industrial athletes working in extreme conditions may require higher amounts of nutrients, including calories, protein, and electrolytes, to support the increased physical demands and environmental stress they face.

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COMPARISON TABLE

ICY POLE SINGLE SERVE



CALM A RESTLESS MIND

SLEEP

Body Armour Sleep is a comprehensive, science-informed formula developed by chemists and naturopaths to support deep, restorative rest.

4 out of 10 of Australian adults have sleep issues. Today's lifestyles are more overstimulated than ever, with stress, racing thoughts, and disrupted cortisol rhythms all impacting the body's natural sleep cycles. For those leading demanding lives, physically, mentally, or both, deep sleep is essential for recovery and sustained performance.

BOOSTS REM AND DEEP SLEEP

WAKE REFRESHED, NO GROGGINESS

REGULATES CIRCADIAN RHYTHM NATURALLY

PER 8g SERVING

Passionflower	250mg
Ashwagandha	300mg
Ziziphus	150mg
California Poppy	250mg
GABA	400mg
Glycine	3000mg
Magnesium	180mg
Zinc	25mg
Vitamin D3	12.5µg



GLUTEN
FREE

LACTOSE
FREE

Blackcurrant Flavour

240g Tub | 30 servings

Single serve 8g Sachets

Ingredients: Magnesium Glycinate Dihydrate, Zinc Citrate Dihydrate, Vitamin D3, Passionflower Herb, Ziziphus Jujube Mill Seed, Withania (KSM) Lactose Free, California Poppy, Glycine, Silica Anhydrous, Blackcurrant Natural Flavour, Citric Acid, Malic Acid, Thaumatin.

ZERO SUGAR CANS

HYDRATE⁺



Nutrient Enhanced Sparkling Beverages

Traditional energy drinks are often packed with sugar, synthetic caffeine, and harsh stimulants, leading to crashes, dehydration, and unwanted side effects like jitters or heart palpitations. They may offer a quick lift, but rarely support sustained performance or clear focus when it counts.

The Body Armour Functional Can Range was built differently. Available in both caffeinated and non-caffeinated options, each option delivers a unique blend of electrolytes, essential vitamins, amino acids, and nootropics to support energy, recovery, and mental clarity, without the crash. Lightly sparkling, naturally sweetened, and made with purpose, it's performance you can feel.

Electrolytes
Nootropics
Vitamins



HYDRATE +

Lemon + Lime

A Functional recovery drink that replenishes electrolytes and vitamins to supercharge your performance.

PER 330ml SERVE

Creatine

1485mg



ENERGY +

PassionFruit + Orange

A Functional performance drink that provides a clean boost and replenishes lost nutrients without the hard crash or nasty additives.

PER 330ml SERVE

Caffeine

100mg





In the pursuit of operational excellence, every detail matters.

This ethos led us to a pivotal realisation; the hydration products currently available in the market and to our workforce lack the genuine health and performance impact they promise.



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