## WATER RECOMMENDATIONS

Females (19-30 yrs) 2.7L ~ 92 oz

Males (19-30 yrs) 3.7L ~ 125 oz

ADDING FLAVOR
TO YOUR WATER

Add a splash of juice to your water

Steep some herbs

Infuse fruit to your water

# MEALTHY HYDRATION

#### **Thermostat**

Helps keep your tempurature normal

#### **Muscle Fuel**

Replaces water lost as you sweat

#### **Brain Booster**

Memory and concentration perform better

BENEFITS OF MAKING WATER YOUR DEFAULT

## Kidney Functions Process 200 quarts of

Process 200 quarts of blood, sift out waste, and transport urine

### Sickness Fighter

Helps prevent dehydration and congestion

### **Productivity Boost**

Clearer Skin

Helps flush out toxins that

may cause blemishes

Helps you stay alert and refreshed

## TIPS TO DRINK MORE WATER

Buy a reusable water bottle and bring it everywhere

Choose water at restaurants (plus it's FREE)

Set reminders in your phone that tell you to drink up every hour

Mix it up with flavored carbonated waters like seltzer or sparkling

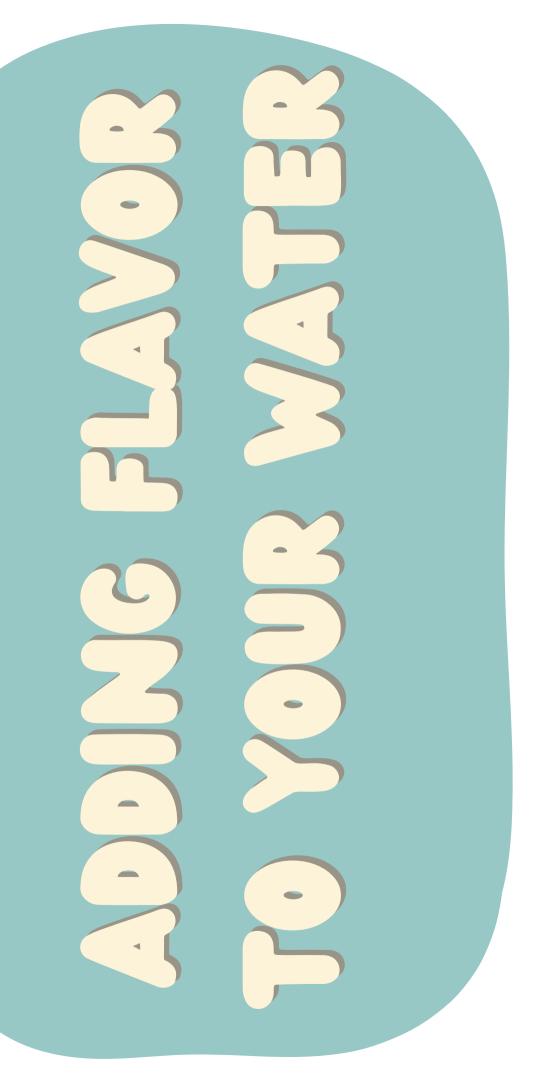
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