

HYDRATE! HYDRATE! HYDRATE!

The Benefits of Water

- + Increases energy
- + Increases metabolism, promoting weight loss
- + Helps build and repair muscle
- + Great for the skin and keeps you looking young
- + Boosts your immune system
- + Flushes toxins
- + Great for you joints, aches, and pains
- + Maintains pH balance in the body
- + Promotes regularity and helps digestion