

Water is the best beverage choice you can make.

Did you know water...

- Helps maintain a healthy body weight by increasing metabolism and regulating appetite.
- Helps increase energy levels.
- Hydrates the body, quenches thirst, and supports other body functions necessary for your overall health.
- Moisturizes skin for a healthy, glowing appearance.

Simply put, drinking water helps maintain your weight, increases your level of energy, and helps you feel and look healthier. **And the best part of all, it's inexpensive!**



FLAVORED WATER

- To add a little flavor to your water, try using fresh or frozen fruit, or herbs.
- For the herbs, crush or chop them up to get the best flavor.
- Similarly, squeeze citrus wedges, slice or cube melons, and crush berries.

Mix up ingredients to create your own unique flavor! To get you started, here some flavored water ideas courtesy of Kitchen Adventure.

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|---------------|------------------|---------------------------|
| 1. Watermelon | 11. Grapes | 21. Honeydew Melon |
| 2. Cucumber | 12. Blood Orange | 22. Fresh Ginger Root |
| 3. Lemon | 13. Rosemary | 23. Mango |
| 4. Cantaloupe | 14. Lavender | 24. Watermelon & Mint |
| 5. Orange | 15. Strawberries | 25. Cucumber & Mint |
| 6. Cherries | 16. Blackberries | 26. Lemon & Mint |
| 7. Lime | 17. Raspberries | 27. Cherry & Lime |
| 8. Grapefruit | 18. Pineapple | 28. Watermelon & Cucumber |
| 9. Basil | 19. Kiwi | 29. Ginger & Lemon |
| 10. Mint | 20. Papaya | 30. Orange & Pineapple |

INFUSED WATER

AT HOME

Fruity & Refreshing

Perfect for every day drinking



STRAWBERRY
LEMON
BASIL



PINEAPPLE
LEMON
MINT



BLACKBERRY
ORANGE
MINT



CUCUMBER
GRAPEFRUIT
ORANGE



WATERMELON
MINT



STRAWBERRY
CUCUMBER
LIME

Herbal & Unusual

Perfect for entertaining



ORANGE
CILANTRO



GRAPEFRUIT
ROSEMARY



RASPBERRY
ROSE PETAL
VANILLA



BLUEBERRY
LAVENDER



PEACH
SAGE



APPLE
GINGER
LEMONGRASS

How to get the best results

1. Once your ingredients are picked, wash them thoroughly.
2. Mash the ingredients together to release the juices and flavors, pour water over top and stir or shake the mixture.
3. Leave for 24 hours to allow the flavors to dissipate thoroughly, then drink and enjoy.
4. Use the fruit mixture 2-3 more times but don't try to stretch it too far, fruits can become bitter and lose flavor over time.



Fun & Tasty
ways to

FLAVOR UP

your

WATER

