

# H2O FACTS

Did you know that your bones are 22% water?  
Get sipping to keep your bones healthy and strong!



#WaterYouWaitingFor?

# H2O FACTS

The human body is  
more than 60% water.  
Keep your body happy  
by drinking 8 cups a day!



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Just a 2% reduction of water levels in the body can lead to a 20% decrease in mental and physical performance.



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Drinking water helps flush toxins out of your body. That's why it helps reduce the risk of UTIs and kidney stones.



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Water helps reduce joint and back pain, as well as headaches. Take advantage of this natural pain reliever!



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Dehydration can cause fatigue, foggy memory, and irritability. Stay well hydrated to feel good all over!



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