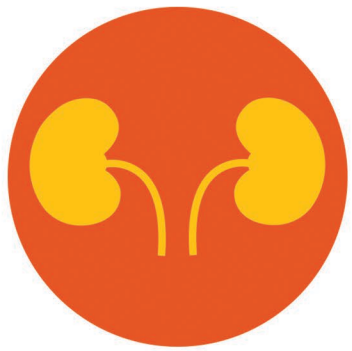


# HYDRATION

## THE BENEFITS OF DRINKING WATER

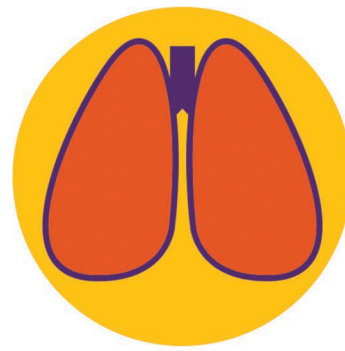
### HOW YOUR BODY LOSES WATER



Urinary  
System



Sweating



Breathing



Bowel  
Movements

### SIGNS OF DEHYDRATION



Fatigue



Dry or  
Cracked Lips

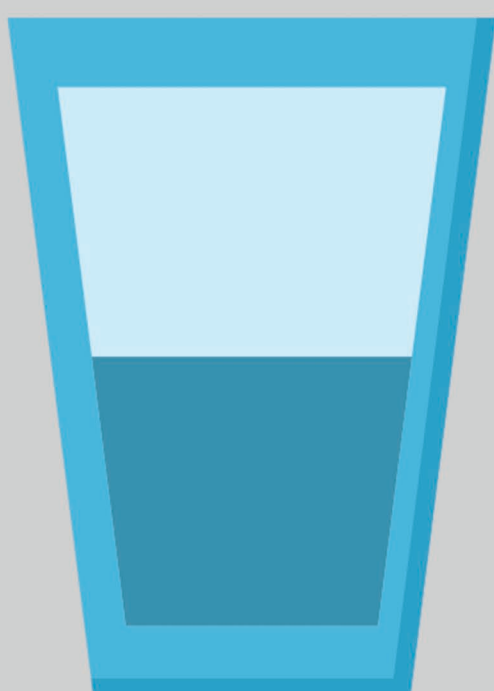


Headaches



Dry Nasal  
Passage

### THE BENEFITS OF STAYING HYDRATED



Improves muscle recovery and reduces cramping

Helps you think, concentrate and stay alert

Lubricates joints, and can help to prevent injuries

Assists with healthy kidney function

**PLUS** it's sugar free and inexpensive!