

THE WATER SOLUTION

THE EQUATION

.6-.7oz PER BODY POUND

5% to 10% MORE FOR EACH

ADD A PINCH OF SEA SALT (CELTIC OR HIMALAYAN) PER LITER OF FILTERED WATER

FOCUS & MEMORY AFFECTED BY DEHYDRATION

A 2% DROP IN HYDRATION CAN AFFECT VO₂ MAX BY AS MUCH AS 10%

YOU ARE WHAT YOU DRINK!

FROM SPRING WATER

CITY WATER

TOXICITY
ACTIVITY
COFFEE
SODA
STRESS

ANTI-WATER

YOUR WATER

BE THE FILTER

DON'T FILTER YOUR WATER DO

3 STAGE REVERSE OSMOSIS OR 2 STAGE CARBON FILTER

PROPER HYDRATION CAN INCREASE METABOLISM BY 30%

THE SOLUTION TO POLLUTION IS DILUTION

USE GLASS CONTAINERS

TAKE IT WITH YOU!

ADD A SLICE OF LEMON IF NEED BE, BUT DRINK YOUR WATER

PLASTIC SEEPS

URINE SHOULD BE CLEAR ALL DAY...

ACTIVELY DRINK

CARBONATED WATER IS HARD ON THE DIGESTIVE SYSTEM...

