



BENEFITS OF DRINKING MORE WATER

1. Lubricates the joints
2. Forms saliva and mucus – beneficial for digestion
3. Delivers oxygen throughout the body
4. Boosts skin health and beauty
5. Cushions the brain, spinal cord, and other sensitive tissues
6. Regulates body temperature
7. Helps maintain blood pressure
8. Makes minerals and nutrients accessible
9. Prevents kidney damage
10. Boosts performance during exercise