

REAL VITAMIN WATERS



Start the day by putting fresh, washed, cut-up fruit in your water bottle. You can use as much as you like! Let the water sit for at least 30 minutes (an hour is better) before you start drinking it, and sip throughout the day. Refill your water bottle as you drink, and throw away the fruit after 36-48 hours.

ORANGE-BLUEBERRY WATER provides vitamins C and B6, antioxidants and flavonoids. It's best at room temperature.

CUCUMBER, LIME, & MINT WATER is great for your digestion, appetite control and bloating, and provides vitamins C, A, and K, along with iron and calcium.

WATERMELON, CUCUMBER, & ROSEMARY WATER helps ease bloating and control appetite and can improve your immune defense, along with providing vitamins C, A, and B6.

STRAWBERRIES & LEMON WATER is a source of vitamin C and can help aid your digestion, stabilize your blood sugar and improve your immune defense.

