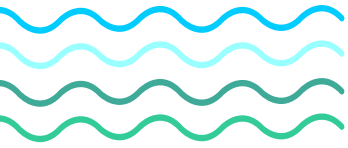


Feel better.
Look better.
**DRINK
MORE
WATER!**



HUMAN
BODY
IS 70%
WATER



24%
BONE



75%
BRAIN



85%
BLOOD



80%
SKIN



90%
LUNGS



75%
MUSCLE



HOW
MUCH
DO YOU
NEED



3L
MEN



2,2L
WOMEN



1L
FOOD



BODY (lbs)
WEIGHT



DIVIDE
BY 2



= 8
OUNCES



BENEFITS
OF
DRINKING
WATER



BETTER
EXERCISE



WEIGHT
LOSS



KIDNEY
FUNCTION



AIDS
DIGESTION



HEADACHE
CURE



HYDRATE
EYES



REGULATE
TEMPERATURE



HEALTHIER
SKIN



MORE
ENERGY