

Healthy Water HEALTHY BODY

Put water at the top of your pyramid

Drinking water that is free of impurities, structured, and alkaline is the best way to stay hydrated.



How much do you need?

So are you hydrated? Are you getting enough?

The old rule of eight 8oz. glasses can't be right – it does not factor variables such as age, activity level, or body weight.

Most cutting-edge experts agree that one half of your body weight in ounces is a better approach.

DAILY DOSE

85-year-old, 120-pound grandmother = 60oz. each day



7.5 eight-oz glasses!

WHAT'S YOUR ORP?

"Oxidation Reduction" the measurement of antioxidant potential in liquids



DAILY DOSE

20-year-old, 240-pound college athlete = 120oz. each day



15 eight-oz. glasses!

Boost your BRAIN.

Approximately 77-85% of the brain is water. Helps with mental acuity.

Metabolize FAT.

Proper hydration helps your kidneys and liver function optimizes the metabolism of excess fat.

Happy BONES and JOINTS.

Water helps minimize joint pain and damage caused by friction.

Better DETOX.

Water removes toxins and waste.

Smooth your SKIN.

Water keeps your skin looking smooth, healthy and young.

Better DIGESTION.

Proper hydration aids efficient digestion. Better elimination and nutrient uptake.

Better ENERGY.

1% ↓ = 10%

One percent drop in cellular hydration equates to a net **10% loss of metabolic efficiency**

Stay hydrated! Be sure you're getting your full daily dose!

TAKE BACK YOUR TAP!

ULTRAWATER

Contaminant-free.

Energized.

Alkaline.

Antioxidant.

Delicious.

PROPERTY	FILTER UltraWater	FILTER Carbon	PURIFIED Water
SUPERIOR HYDRATION	●	○	○
ANTIOXIDANT POTENTIAL	●	○	○
BENEFICIAL MINERALS	●	●	○
CAN HELP YOUR pH BALANCE	●	○	○
IMPROVED DETOX	●	○	○

Cost? Just pennies per gallon

ALKAVIVA