



Essential to life, water delivers oxygen to cells, flushes toxins from the body, and may help to achieve and maintain a healthy weight. By adding an array of flavorful fruits and herbs to water, you can create naturally flavored water that is supercharged with health-promoting nutrients, minerals, and antioxidants.

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Sparkling Benefit

Supercharged Water

In a one-quart glass jar, layer a few slices of the following ingredients then fill with filtered water.

Citrus Refresher:

oranges, grapefruit, and lemon

Clean Mojito:

lime and mint

Pickle Lover:

pickle, cucumber, and pickle juice

Apple Pie:

apple and cinnamon stick

Summer Sensation:

diced watermelon and kiwi

Strawberry Patch:

strawberry and basil

Spicy Apple:

ginger root and apple

