

TODAY'S WATER INFUSION



WATERMELON GINGER & MINT

HYDRATION FACT


When dehydrated, airways are restricted by the body in an effort to minimise water loss. This can make asthma and allergies worse.

NUTRITION FACTS

Watermelon is 92% water, making it the perfect refresher for hot summer months.

Ginger aids digestion, reduces nausea and helps to fight the flu and common colds.

Mint leaves can help to promote the digestive system by stimulating digestive enzymes.



**TODAY'S
WATER
INFUSION**

**APPLE
PEAR &
GINGER**

HYDRATION FACT


Up to 60% of the adult human body is water, and our blood is 90% water.

NUTRITION FACTS

Green apples contain twice the amount of vitamin A compared to red apples, and are slightly lower in sugar.

An average sized pear contains around 100 calories, making it a lower calorie fruit option.

Ginger is rich in gingerol which acts as a potent antioxidant and has anti-inflammatory properties.



**TODAY'S
WATER
INFUSION**

**CUCUMBER
LEMON &
MINT**

HYDRATION FACT


The sensation of thirst arises from a lack of fluids or an increase in the concentration of certain osmolytes, such as sodium in your blood.

NUTRITION FACTS

One medium cucumber contains only 12 calories, making it one of the lowest calorie vegetables.

Lemons have a low glycaemic index score, meaning that they won't spike your blood sugar as much as other foods.

Mint leaves contain a considerable amount of vitamin A and promote healthy skin and immune system.



**TODAY'S
WATER
INFUSION**

**APPLE
ORANGE &
LEMON**

HYDRATION FACT

Dehydration can hinder athletic performance, particularly in endurance exercise.

NUTRITION FACTS

Some studies have found that eating an apple each day may have a beneficial effect on lowering cholesterol.

Oranges are a good source of vitamin C and potassium, both of which can help to lower blood pressure.

Lemons are a powerful antioxidant, with one squeezed lemon providing approximately 21% of an individual's daily requirements.

TODAY'S WATER INFUSION

PINEAPPLE ORANGE & LEMONGRASS



HYDRATION FACT

Water regulates internal body temperature through the process of sweat production and evaporation.

NUTRITION FACTS

Pineapple is one of the top food sources of manganese, which is essential for maintaining strong bones.

The vitamin C found in oranges helps with the absorption of iron.

Lemongrass contains a variety of minerals such as calcium, potassium, manganese, magnesium and iron.

TODAY'S WATER INFUSION

WATERMELON KIWIFRUIT & LIME



HYDRATION FACT

Drinking water 30 minutes before eating can help with digestion, whilst drinking water one hour after eating helps the body absorb the food's nutrients.

NUTRITION FACTS

Watermelons are a great source of lycopene, an antioxidant that has been shown to reduce the risk of several types of cancers.

Half of the fibre in a kiwifruit is found in the skin.

Limes are extremely acidic which can help to improve digestion.

TODAY'S WATER INFUSION



STRAWBERRY LEMON & MINT

HYDRATION FACT

Thirst is a sign that your body is already dehydrated. Therefore, it's important to sip water throughout the day to prevent this occurring.

NUTRITION FACTS

Despite their sweet taste, strawberries are considered to be one of the lowest sugar fruits.

Lemons are high in citrate, which can help to reduce the risk of developing kidney stones.

Mint is a good source of vitamin A, a fat-soluble vitamin that is important for eye health and night vision.