

Water Facts

The human body is a water machine.

We're designed to run on water and minerals.
Our body is made up of more than 70% water.
Our muscles are about 75% water.
Our brain is more than 80% water.
Our blood is more than 85% water.
Our cells are about 90% water.

Approximately 60% of the bodies need for water comes from liquids, about 30% from foods, and the other 10% is produced in the body from the cellular metabolism.

A 1% drop in body fluids will cause a 10% loss of energy.
Our liver uses water to metabolize fat into usable energy.
Our energy level is greatly affected by water intake.

Drinking the very best structured water on a daily basis will help your body maintain optimum performance. The general rule for daily intake of water is about half an ounce of water for every pound of body weight (example: for 120 pounds of body weight, drink 60 fluid ounces). However, it is important to optimize the health benefits from increased hydration. Therefore, drink plenty of great tasting AQUA X[®] every day to fine tune the cells with structure enhanced water that provides a constant supply of energy.

Feel better naturally with AQUA X[®]!

www.AQUAXwater.com

Information deemed to be from reliable sources, but not guaranteed.

Do your own independent investigation.