



# Benefits of Water

- 💧 **Improved brain function**
- 💧 **Helps you concentrate**
- 💧 **Helps the body use food for energy**
- 💧 **Protects joints, muscles and organs**
- 💧 **Moisturizes the body**
- 💧 **Flushes out toxins**
- 💧 **Calorie free, caffeine free and sugar free**