

WATER IS ESSENTIAL FOR GOOD HEALTH

Next to oxygen, water is the most important nutrient your body requires. The human body is approximately 70% water. Therefore, it stands to reason that consuming pure, clean drinking water is necessary for your health and is a key factor to all bodily functions.

An average adult should consume a minimum of 8-10 glasses of water daily.

Documented benefits from staying hydrated are:

- Healthier Skin
- Flushing Toxins
- Reducing Your Risk of Disease, Infection and Heart Attack
- Cushioning and Lubricating Your Joints and Muscles
- Regulating Your Body Temperature
- Burn More Fat



Creating a Healthy Workplace Benefits Everyone

Employee wellness programs are beneficial for the long-term viability of all businesses. These types of programs have been proven to reduce health care costs, absenteeism and result in improved productivity. Research has shown that employee wellness programs offer a positive return-on-investment making them a benefit that costs more to avoid than to provide.



Adding a Pure Water Technology® system in your workplace provides pure, fresh, healthy oxygenated water at the touch of a button. Our systems are designed to provide businesses with an environmentally friendly alternative to bottled water. And, by going green you'll actually be saving money. Ask your Pure Water Technology® representative about our free trial offer today!

TECHNOLOGY FOR A HEALTHY PLANET™

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