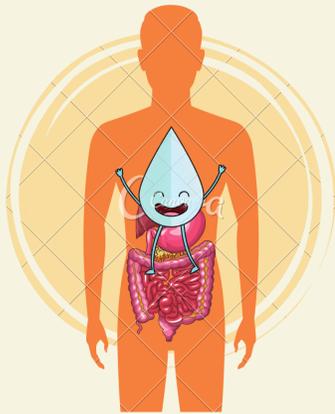


# DRINK MORE WATER

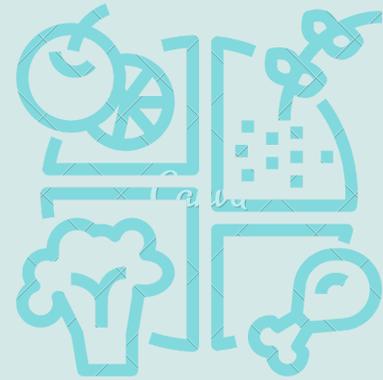


FEEL GREAT. HYDRATE.  
UCR HEALTHY BEVERAGE



## AIDS IN DIGESTION

Drinking water before, during, and after a meal will help your body break down the food you eat more easily.



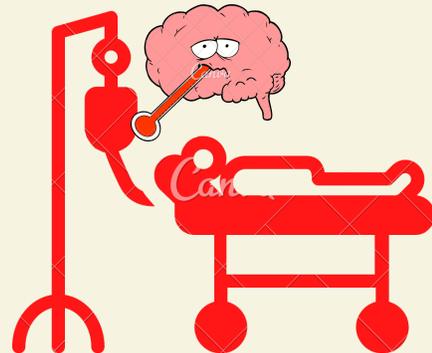
## HELPS WITH NUTRIENT ABSORPTION

Dissolves vitamins, minerals, and other nutrients from your food. Delivers vitamin components to the rest of your body.



## HELPS BOOST ENERGY

Water boosts metabolism which also increases energy levels.



## HELPS FIGHT OFF ILLNESS

Proper hydration prevents medical conditions such as hypertension, constipation, kidney stones, exercise-induced asthma, and UTI.