

Healthy Water...



HEALTHY BODY

Put water at the top of your pyramid

Drinking water that is free of impurities, structured, and alkaline is the best way to stay hydrated.



WHAT'S YOUR ORP?

"Oxidation Reduction Potential", or "ORP", is the measurement of antioxidant potential in liquids. A negative ORP means antioxidizing.



Boost your BRAIN.
Approximately 77-85% of the brain is water. Helps with mental acuity.

Metabolize FAT.
Proper hydration helps your kidneys and liver function optimizes the metabolism of excess fat.

Happy BONES and JOINTS. Water helps minimize joint pain and damage caused by friction.



Better DETOX.
Water removes toxins and waste.

Smooth your SKIN.
Water keeps your skin looking smooth, healthy and young.

Better DIGESTION.
Proper hydration aids efficient digestion. Better elimination and nutrient uptake.

Better ENERGY.

1% ↓ = 10%

One percent drop in cellular hydration equates to a net **10% loss of metabolic efficiency**

How much do you need?

So are you hydrated? Are you getting enough?

The old rule of 8 - 8 oz glasses a day can't be right - it does not factor variables such as age, activity level, or body weight.

Most cutting-edge experts agree that one half of your body weight in ounces is a better approach. See examples.

DAILY DOSE

85-year-old, 120-pound grandmother = 60oz. each day.



7.5 8oz glasses!

DAILY DOSE

20-year-old, 240-pound college athlete = 120oz. each day.



15 x 8oz glasses!

ALKAVIVA

The cost? Just pennies per gallon.

ULTRAWATER[®]

PROPERTY	FILTER UltraWater	FILTER Carbon	PURIFIED Water
SUPERIOR HYDRATION	●	○	○
ANTIOXIDANT POTENTIAL	●	○	○
BENEFICIAL MINERALS	●	●	○
CAN HELP YOUR pH BALANCE	●	○	○
IMPROVED DETOX	●	○	○

Contaminant-free | Antioxidant | Alkaline | Energized | Delicious