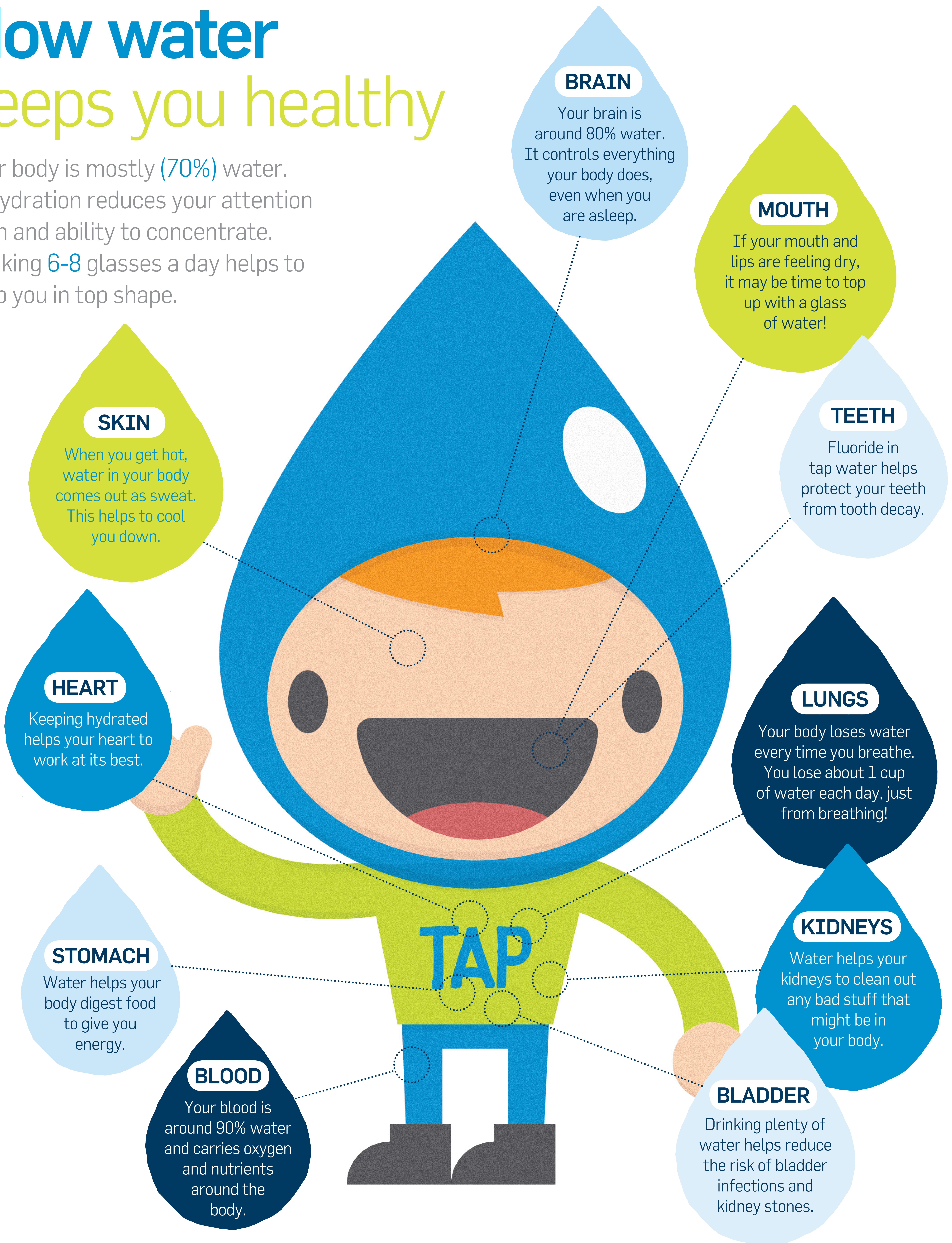


How water keeps you healthy

Your body is mostly (70%) water. Dehydration reduces your attention span and ability to concentrate. Drinking 6-8 glasses a day helps to keep you in top shape.



**BE
SMART
CHOOSE
TAP**