
Water infusions



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SELECT FROM THE FOLLOWING

- LEMON SLICES
- ORANGE SLICES
- WATERMELON CUBES
- CUCUMBER SLICES
- CUCUMBER SLICES AND MINT LEAVES

- ADD THE ABOVE TO A BOTTLE OF WATER THAT IS ABLE TO BE SEALED.

- LEAVE TO STEEP FOR 1 TO 2 HOURS.

NOTES:

- THE AMOUNT OF INGREDIENTS YOU CHOOSE TO PUT IN YOUR WATER IS UP TO YOU.

ADD AS MUCH OR AS LITTLE AS YOU LIKE FOR YOUR TASTE PREFERENCE.

- MINIMAL ORANGE AND LEMON IS PREFERRED AS TOO MUCH OF THEIR CITRIC ACIDITY CAN CAUSE DENTAL ISSUES.

NUTRITION INFORMATION

- ALL PROMOTE HYDRATION

BENEFITS OF LEMON

- QUALITY SOURCE OF VITAMIN C
- AIDS DIGESTION
- FRESHENS BREATH

HEALTH BENEFITS OF ORANGES

- QUALITY SOURCE OF VITAMIN C
- SUPPORTS IMMUNE SYSTEM
- ASSISTS IN BLOOD GLUCOSE CONTROL
- HELPS TO LOWER BLOOD CHOLESTEROL AND BLOOD PRESSURE

HEALTH BENEFITS OF WATERMELON

- PROMOTES HEART HEALTH
- REDUCES INFLAMMATION
- QUALITY SOURCE OF POTASSIUM

HEALTH BENEFITS OF CUCUMBER

- RICH IN ANTIOXIDANTS
- ASSISTS IN LOWERING BLOOD SUGAR

HEALTH BENEFITS OF MINT

- HELPS TO CALM DIGESTIVE ISSUES
- FRESHENS BREATH
- CAN HELP TO DECREASE BREASTFEEDING PAIN
- SUPPORTS BRAIN FUNCTION