LIVING WATER

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HEX 00C466
RGB 0 196 102
CMYK 1.000.000.48

0A617C HEX
10 97 124 RGB
0.920.220.00 CMYK

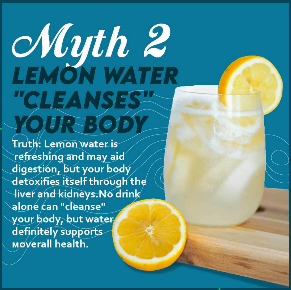
LIVING WATER
Natural mineral water

4 MYTHS ABOUT Water

Myth 1

YOU MUST DRINK 2 LITERS OF WATER A DAY

Truth: The amount of water you need depends on your age, weight, activity level, and climate. A general guide is 30–35 ml per 1 kg of body weight. Fluids from food, soups, and tea also count.



Myth 2

LEMON WATER "CLEANSES" YOUR BODY

Truth: Lemon water is refreshing and may aid digestion, but your body detoxifies itself through the liver and kidneys.No drink alone can "cleanse" your body, but water definitely supports moverall health.

Myth 3

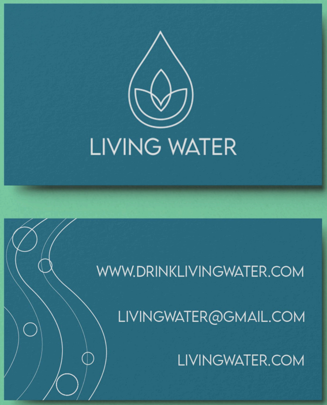
IF YOU'RE NOT THIRSTY, YOU'RE HYDRATED

Truth: Thirst is a late sign of dehydration. Especially for children and older adults, the sense of thirst may be dulled. It's important to drink water regularly, not just when you're very thirsty.

Myth 4

ALL BOTTLED WATER IS THE SAME

Truth: Bottled waters vary greatly in mineral content, pH, source (spring, artesian, purified), and treatment methods. Always read the label and choose water that fits your health and taste preferences.



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