



# Benefits Of Drinking **FRUIT-INFUSED** Water



Adds flavor to water, helping you stay hydrated in a tasteful way.



Makes it easier to achieve water-intake goals by breaking the monotony.



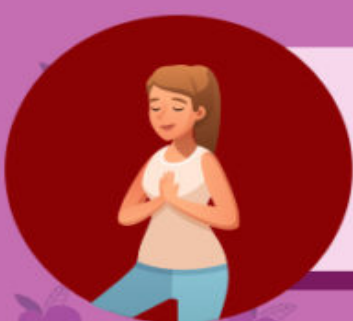
Improves digestion when you drink mint, green tea, and lime-infused water.



Serves as a cooler alternative to hot herbal teas during summer.



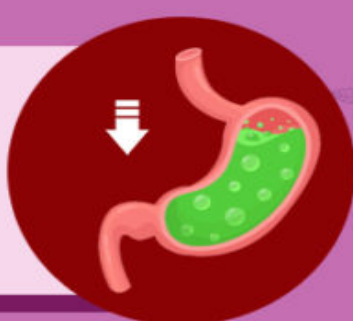
Boosts immunity when you consume kiwi and strawberry-infused water.



Works as a healthier alternative to beverages with added sugars and artificial sweeteners.



Reduces bloating when you drink lemon and cucumber-infused water.



## References

1. Health Benefits of Infused Water; PVAMU
2. Why Try Flavor-Infused Water? - U.S. Department of Veterans Affairs