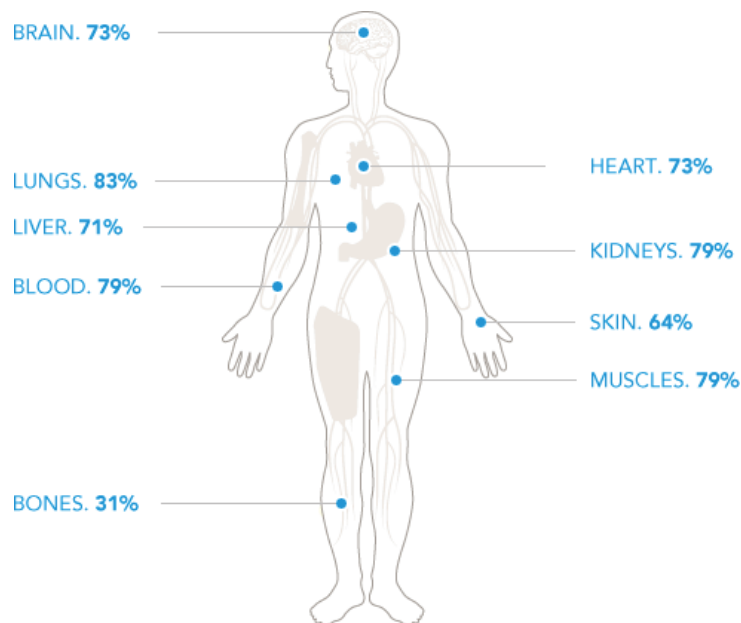


# Water is the Source of Life

The average adult human body is composed of 60% water. In fact, all of our vital organs contain different levels of water.



Water is one of the most important needs of the human body and helps with the following functions:

- Keeping your body at the right temperature.
- Eliminating waste products from the body.
- Transporting nutrients from food through the digestive tract, and moving them to the cells via the blood stream.
- Acting as a lubricant for the joints and as a shock absorber for sensitive tissue.