

Get creative with your infused water combinations or try out some of these flavor ideas below:

1. Lemon + Blueberries
2. Watermelon + Basil
3. Cherries + Lime
4. Mango + Ginger root
5. Raspberries + Peaches
6. Grapefruit + Rosemary
7. Pineapple + Mint
8. Cucumber + Lemon + Cilantro
9. Kiwi + Strawberries
10. Orange + Vanilla extract + Cinnamon
11. Apple + Cinnamon
12. Peach + Mint



ELEVATE YOUR HYDRATION ROUTINE WITH INFUSED WATER

Water plays a key role in your health. Staying hydrated helps support many important body functions like digestion and metabolism. Mild dehydration is often masked as feelings of hunger, tiredness or fatigue. Making hydration a part of your daily routine is important to overall health.

If you regularly drink sweetened beverages, you may be less likely to choose water. Many sugary beverages have little nutritional benefit like soda, juice, lemonade, fruit punch, sport/energy drinks or flavored coffee drinks. Infused water goes beyond just providing hydration. It can also satisfy your cravings for something sweet, fruity and refreshing!

HOW DO YOU INFUSE WATER?

Making infused water is simple. There are several infuser bottles and pitchers that can be purchased for a convenient way to make your infused water, if not a regular pitcher or bottle will work the same.

Follow these tips when creating your own infused water:

- Chop or slice fruit and remove any seeds before using.
- The longer your water infuses, the stronger the flavor. Refrigerate your water combo anywhere from 15 minutes to 24 hours.
- Refill the pitcher with water as you drink. Even though each batch will be milder in taste, the ingredients will continue to infuse.
- Try using sparkling water instead of tap water for a bubbly refreshment.
- Put your infused water on display at parties by using glass pitchers or dispensers to show off all the bright colors from the fruit and herbs!