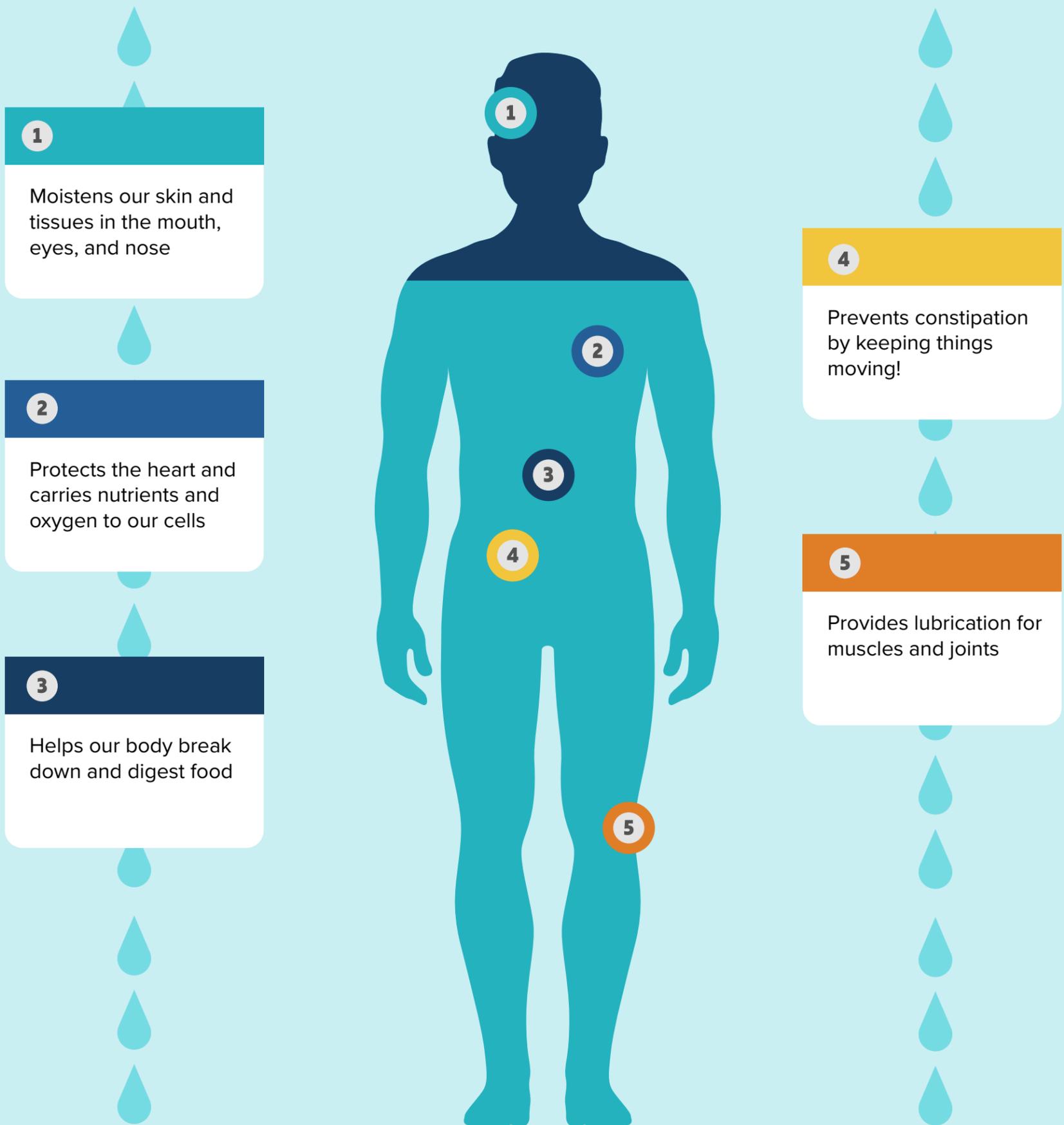


march

THE BENEFITS OF

WATER

The human body is approximately 70% water, which means water is essential to a healthy and well-functioning system. Experts recommend drinking 8 glasses of water each day to stay hydrated.



Regularly drinking water helps maintain a healthy lifestyle.

