



Fruit Infused Water: Make Supercharged Vitamin Water That Taste Great! Contains Top Recipes to Detox and Lose Weight! (Natural Vitamin Water, Fruit Infused Water, Weight Loss, Detox Cleanse)

Anabelle Charon

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Make Supercharged Vitamin Fruit Infused Water!

Simple ideas on how to make water that's actually enjoyable to drink!

Most people don't drink nearly enough water. This is a tragedy because water is the most important element in every bodily process—from metabolism to elimination. A lack of water can often be traced back as the cause of aches, pains and illness.

On top of that, many people consume large amounts of coffee, energy drinks and colas that actually cause the body to expel more water, thus dehydrating us even more. Not to wonder why they feel so sluggish, foggy-headed and sick.

Drinking more water will make you feel better and add energy into your days.

Fruit Infused Water will also provide you with water that is **nutritious and full of essential vitamins!**—something that regular water lacks.

In this book, you will learn:

- The many benefits of fruit infused water.
- How much water you need each day
- Tips to help you drink more water
- How to make fruit infused fizzy water

And a ton of the best fruit infused water RECIPES

Fruit Infused Water will make this process easy and enjoyable!

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