

# Refresh Your Body with Infused Water



Adding natural flavours from fruits and vegetables to your water is a great way to add flavour and health benefits to your water. Here are some fruits and vegetables you can add to your water and their associated health benefits:

## 1. Lemons

Lemons are a source of vitamin C, which helps boost antioxidant production and immune system health. Lemons are also helpful in aiding in digestion. You can try drinking a glass of warm lemon water early in the morning to kickstart your digestive system for the day.

## 2. Strawberries

Strawberries are low in calories and high in water content, vitamin C, and fiber. Strawberries contain antioxidants which have been linked to improved heart health. Due to the high fiber content, strawberries can also aid in blood sugar control.

## 3. Oranges

Oranges are another fruit with high vitamin C content, and they can add a natural sweet taste to your water. Their high vitamin C content supports immune function, as well as collagen formation which is good for healthy joints and skin.

## 4. Cucumbers

Cucumbers are considered “hydrating” vegetables, as they have a high water content. Cucumbers are nutrient-rich, as they contain lots of vitamins and minerals, like vitamin K, vitamin C, potassium, and magnesium. They are also a popular vegetable to add to water due to their light, refreshing flavour.

## 5. Mint leaves

If you like mint, then adding mint leaves to your water is a great way to add flavour. These leaves are known to produce a calming effect on the mind and can help relieve stress and indigestion.



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