



# Detox Water Guide

You can leave the detox water in the refrigerator for 1-12 hours to infuse.

## DETOX WATER GUIDE

### AIDS DIGESTION



MINT



KIWI



LIME



CUCUMBER



LEMON



APPLE

### REDUCES RISK OF CANCER



GINGER



APPLE



BASIL



WATERMELON



STRAWBERRY



MINT

### PACKED WITH ANTIOXIDANTS



WATERMELON



STRAWBERRY



CUCUMBER



BASIL



GINGER

### BOOST IMMUNE SYSTEM



APPLE



GINGER



STRAWBERRY



LEMON



LIME

### AIDS WITH WEIGHT LOSS



KIWI



LEMON



LIME



APPLE



CINNAMON

### REJUVENATES SKIN



LIME



MINT



LEMON



CUCUMBER



GINGER

### ANTI-INFLAMMATORY



GINGER



WATERMELON



BASIL



CUCUMBER

### RELIEVES FATIGUE



MINT



KIWI

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\*Note: Infused waters are shown to support statements above.