

Why Drink Water?

Water helps break down food, maintains body temperature and enables the movement of nutrients within the body.

Approximately 70% of our body is water

Water fills the cells to assure complete cellular functions

Water is the major component in the blood stream that carries harmful wastes away from the cells

Without water, life cannot exist

The body cannot combat disease properly without water

What is in Water?

All water has the same molecular structure, H₂O. 2 molecules of Hydrogen and one molecule of Oxygen.

Minerals (Ca;Mg and K) are essential building blocks of a healthy body.

Minerals provide the quality of taste in water.

Not all waters are equal. Water may come from natural springs, artesian wells and municipal sources.

Water may be enhanced to provide health benefits or desired effects such as adding highly absorbable Calcium and Magnesium in the ideal ratio.

Calcium ~ Magnesium & Potassium Matter

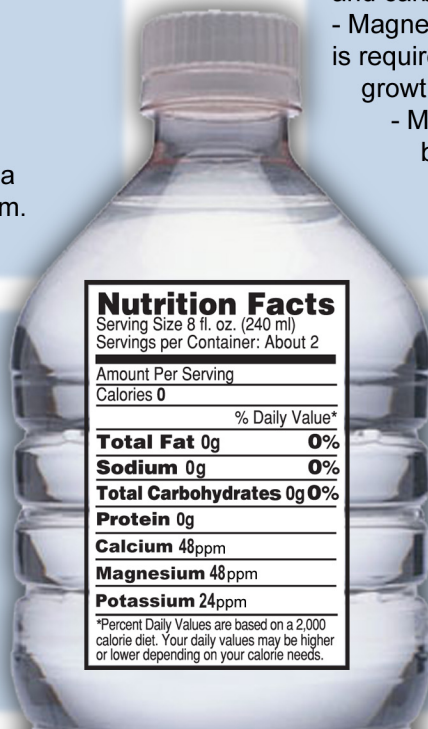
Calcium

- Ca is literally the bond that holds the body together, without it we would die.
- Ca is an essential nutrient that is stored primarily in the bones.
- Ca helps to produce the heartbeat

WaterWorks bottled spring water contains a highly absorbable chelated form of Calcium.

Magnesium

- Magnesium is important for protein, electrolyte and carbohydrate metabolism.
- Magnesium helps regulate the heartbeat. Magnesium is required for brain functions and enhances cell growth and increases tissue elasticity.
- Magnesium adds alkalinity to fluids therefore balancing the blood and body pH.
- Magnesium calms the nerves, enhances sleep, counteracts acidic poisoning and aids in lowering blood pressure.



Nutrition Facts	
Serving Size 8 fl. oz. (240 ml)	
Servings per Container: About 2	
Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 0g	0%
Total Carbohydrates 0g	0%
Protein 0g	
Calcium 48ppm	
Magnesium 48ppm	
Potassium 24ppm	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Potassium

- Potassium regulates fluid balance within cells and contributes to nerve impulse transmission, skeletal and smooth muscle contractions.
- Potassium in conjunction with sodium as electrolytes, regulates water balance and acid-base balance within blood and cell tissues.
- Potassium reduces mean systolic blood pressure.

Ideal Ratio

Calcium and Magnesium should be in 2:1 to 1:1 ratio for proper absorption in the body.

WaterWorks

natural spring water has a perfect balance of Calcium, Magnesium and Potassium for absorption into the human body.

Every Living Thing on Earth Needs Water!