

The Importance of Hydration



Around 60% of your body is made up of water. Drinking water, supplies the body with oxygen and important nutrients.

To be properly hydrated, male adults should drink around 3 liters and female adults and kids should drink around 2 liters each day.

Dehydration can lead to headaches, fatigue, dizziness, and lack of focus. It is important to drink water to prevent these negative effects.

Approximately **75%** of Americans are chronically dehydrated.

