



**FREE
EBOOK**

**125 FRUIT
INFUSED WATER
RECIPES EBOOK GIFT**



**Top 125 Detox Recipes with Fruitalite Fruit Infuser Water
Bottle for Rapid Weight Loss**
Recipes contains Yields, Ingredients, Directions and
detailed info about the recipe and its advantages



-Top 125 Detox Recipes with Fruitalite Fruit Infuser Water Bottle for Rapid Weight Loss

Detox water is an age-old recipe which helps flush out unspecified toxins from the body. Detoxification is a simple process of cleansing. It is any infused water which helps you clean your body and improve your health. With these recipes, you can enjoy delicious water treats and lose out extra fat from your body.

Typically, you can prepare a detox water keeping the water infused with fruits overnight upto 12 hours. However, if you keep the water infused with herbs or fruits you should toss them out once you see the fruits lying low or discolored than before. The infused water will last 3 days in refrigerator. Glass or Plastic look for a container that suits you, but if you have Fruitalite fruit infuser water bottle it's the best solution for you. Keeping the Fruitalite water bottle becomes convenient and easy to maintain, plus you can sip it out all throughout your day. Below are some amazing recipes which will make you feel lighter and will keep you full for longer period.

1. Slim Down Detox Water

This cucumber detox water is an ideal starting point for all dieters. The diuretic properties guarantee that all moisture will be rapidly flushed from the system. Tart grapefruit delivers a revitalizing rush of flavor, and the fruit is packed with fat-burning enzymes. All the citrus contained within this refreshing beverage is designed to heal the internal digestive tract. Mint leaves briskly finalize the drinks ability to ease any tummy woes while losing weight fast. This tasty brew only takes ten minutes to prepare, and it yields 8 potentially cleansing servings. All ingredients are simply combined 2 hours before consumption.

Yields: 1 serving | **Serving Size:** 1 drink/full recipe | **Calories:** 7 | **Total Fat:** 0 g | **Saturated Fat:** 0 g | **Trans Fat:** 0 g | **Cholesterol:** 0 mg | **Sodium:** 0 mg | **Carbohydrates:** 1g | **Dietary Fiber:** 1 g | **Sugars:** 1 g | **Protein:** 0 g |

Ingredients

- ½ gallon spring water
- ½ grapefruit, sliced
- ½ cucumber, sliced
- 2-3 mint leaves
- ½ lemon, sliced
- ½ lime, sliced

Directions

Combine all ingredients in Fruitalite infuser water bottle.

Allow the ingredients to chill in the refrigerator for 1-2 hours before serving. Drink throughout the day or discard after 24 hours.

2. Skinny Detox Cucumber Water

Here is a homemade detox water for the warmer months. Everyone's metabolism receives a welcome boost from the lemons and limes. Meanwhile, the grapefruit instills an abundance of energy with an amazing zing. Cucumbers promote an effect of physiological purification, and mint soothes the lungs and belly. On the side, grapefruit provides an extra dose of sweetness. The result is an addictively refreshing source of hydration. After infusing these



ingredients, all the fresh flavors mingle to create a fiercely zesty bite. Each sip is tantalizing and tangy. This lively drink brings the garden to life!

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 10 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 2 mg | Carbohydrates: 0g | Dietary Fiber: 1 g | Sugars: 1 g | Protein: 0 g |

Ingredients

- 1 12-ounce glass water, combine water and ice
- Lemon
- Lime
- Cucumber
- Mint Leaves

Directions

Add lemon, lime, cucumber and mint till the drink is full and stir it and keep it aside for infusion in Fruitalite infuser water bottle. You can use 2 full slices of lemon, 2 small slices of lime, 3 slices of cucumber and 6 mint leaves

3. Lemon Ginger Detox Drink

For an ideal lemon water detox program, no weight-loss elixir can compare to this zesty potion. It is also remarkably simple to prepare. All it takes to bring this recipe to fruition is a 12-ounce glass of water, half a ginger root knob and a freshly squeezed lemon. The citrus promotes happy digestion, especially first thing in the morning. The ginger is also uniquely beneficial. With abundant quantities of special compounds known as shogaols, this bold additive quells nausea while guaranteeing intestinal wellness. Fresh ginger is also rich with gingerol, which is a magical detoxifying agent that even combats cancer.

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 10 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 2 mg | Carbohydrates: 0g | Dietary Fiber: 0 g | Sugars: 1 g | Protein: 0 g | Smart Points: 0

Ingredients

- 1 12-ounce glass water, at room temperature
- Juice of 1/2 lemon
- 1/2-inch knob of ginger root

Directions

Add the lemon juice to the Fruitalite water bottle, you can also use thin slices of lemon. Cut the ginger into slices, add to the water. This drink is a perfect way to start your day!

NOTE: Lemon Ginger Detox Drink can be the first thing in the morning.

4. The Blackberry Orange Detox Water

A daring dieting infusion comes to life with this benevolent blueberry detox drink. The masterful concoction features a delicious core of mandarin oranges. The wedges permeate moisture with ample healing properties, and the slight sourness is decadently delightful. At the same time, a stash of ripened blueberries brings extra antioxidants. These superfoods are notoriously packed with vitamin C and fiber. Each berry gains its navy coloration through the presence of detoxifying pigments. These compounds are known as anthocyanins, and their inclusion in a health regimen can prevent the presence of free radicals and ulcers. To intensify taste, simply squish berries and twist oranges.



Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 50 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 2 mg | Carbohydrates: 17g | Dietary Fiber: 5 g | Sugars: 2 g | Protein: 1 g |

Ingredients

- 6 cups of water
- 2 Mandarin Oranges cut into wedges
- a handful of blueberries
- ice

Directions

Combine all ingredients in Fruitalite infuser water bottle and put in the fridge for 2-24 hours to allow the water to infuse.

You can also squeeze in the juice of one mandarin orange and muddle the blueberries to intensify flavor a bit.

Serve cold.

5. Mint and Lemon Detox Water

Lemon water detox methods have reached a zenith with this thirst-quenching diet recipe. For those that love sugary drinks, this tasty blend can permanently replace sodas and fruit juices. The mint is uniquely calming for all possible tummy woes; simultaneously, the lemons provide the maximum amount of internal cleansing. This vibrant potion will even appeal to those who do not typically consume water on its own. The tingling refreshment is hard to surpass on any scale. Huge quantities of advantageous electrolytes are naturally embedded in the citrus fluids, and the chilly mint undertones in this recipe will cool off the entire beverage.

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 9 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 2 mg | Carbohydrates: 0g | Dietary Fiber: 1 g | Sugars: 0 g | Protein: 0 g |

Ingredients

- 6 cups of water
- 2 lemon, thinly sliced
- springs of mint
- ice

Directions

Combine all ingredients in Fruitalite infuser water bottle and put in the fridge for two hours to allow the water to infuse.

You can also squeeze in the juice of one lemon to intensify flavor a bit.

Serve cold.

6. The Watermelon Detox water

The latest dieting trend has reached a new level of evolution with this insanely flavorful watermelon detox water. There are plenty of antioxidants stored within the juicy melons, and its nutrient contents are through the roof. One of its key compounds is the phytonutrient known as lycopene. This generous ingredient is an extraordinarily strong antioxidant, and it also is known to foster anti-inflammatory effects. Amino acids are also provided to aid in blood flow and cardiovascular well-being. This is great for anyone with a rigid fitness routine. Seedless watermelons are preferred for this blend, and the final product is a ruby red wonder!

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 36 | Total Fat: 0.6 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 3 mg | Carbohydrates: 11g | Dietary Fiber: 1.4 g | Sugars: 8.5 g | Protein: 1 g |



Ingredients

- 4 cups of water
- 2 cups of seedless watermelon

Directions

Place Watermelon in Fruitalite infuser water bottle and cover with Water.

Let it sit a few hours in the refrigerator before drinking - so the water gets all the nice watermelon flavor.

7. Pineapple Sugarcane Spa Water

Every drop of this iconic pineapple detox water is packed with vivacious charm. The recipe is astonishingly simple, but it yields an incredible source of hydration. The heavenly elixir only requires 2 sticks of sugarcane, approximately 5 pineapple chunks and 2 liters of water. All H2O should be filtered, and spring water is the best choice. Upon combining the ingredients, this brew can be consumed immediately; however, every minute of stewing increases the fun for the tongue. The deliciousness is special enough to make every sip a divinely uplifting experience. Meditative properties are enhanced by pineapples ability to expel toxins.

Yields: 1 serving | *Serving Size:* 1 drink/full recipe | *Calories:* 36 | *Total Fat:* 0.6 g | *Saturated Fat:* 0 g | *Trans Fat:* 0 g | *Cholesterol:* 0 mg | *Sodium:* 3 mg | *Carbohydrates:* 11g | *Dietary Fiber:* 1.4 g | *Sugars:* 8.5 g | *Protein:* 1 g |

Ingredients

- 2 litres purified water
- 2 sticks of sugarcane
- 4-5 large chunks of fresh pineapple
- ice

Directions

Combine all ingredients in Fruitalite infuser water bottle. Stir.

The longer the water sits, the more the pineapple and sugarcane flavors will have infused into it.

8. Raspberry and Mint Scented Water

For a pink and perky dieting treat, this luscious mint detox water is a festively progressive selection. With two tablespoons of raspberries, tartness is practically this drink's middle name. These antioxidants are riddled with cleansing properties. The mint base shows that this brew means business. While the fruit goes to work by kicking out all unwanted biological agents, the mint leaves have a contrastingly calming effect. This duality results in a complementary approach to aiding digestion and losing weight. It is hard to believe that such a sweet treat has so few calories. This medicinal blend is downright addictive and sublime.

Yields: 1 serving | *Serving Size:* 1 drink/full recipe | *Calories:* 29 | *Total Fat:* 0.6 g | *Saturated Fat:* 0 g | *Trans Fat:* 0 g | *Cholesterol:* 0 mg | *Sodium:* 3 mg | *Carbohydrates:* 11g | *Dietary Fiber:* 1.4 g | *Sugars:* 5.5 g | *Protein:* 1 g |

Ingredients

- 2 litres cold spring water or filtered tap water
- 2 tablespoons of raspberries, fresh or frozen
- 2 tablespoons of fresh mint leaves
- 1 lime

Directions

To get more flavor and juice out of your lime, microwave for 30 seconds. When cool, slice and place raspberries, mint, lime and water in an Fruitalite infuser water bottle. Keep aside for some time and serve!

9. Fat Burning Detox Drink

When it comes to weight loss, this DIY detox water sets the gold standard for efficiency. The central ingredient is apple cider vinegar. A bonus of this brew is the inadvertent generations of flawless skin. It treats acne problems and complexion issues automatically. Also, apples help people feel full for a longer period, which makes dieting a much easier feat. Similarly, cinnamon is also used to speed up metabolism and halt consumption cravings. By burning excess sugars, this spicy addition to the mix prevents fat storage from occurring. Lemons add fierce flair to this flavorful remedy!

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 20 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 0 mg | Carbohydrates: 10g | Dietary Fiber: 2.4 g | Sugars: 1 g | Protein: 1 g |

Ingredients

- 4 cups of water
- 2 cinnamon sticks
- 1 tablespoon of apple cider vinegar
- 2 teaspoons of organic raw honey
- 2 apples, core removed and thinly sliced
- ice cubes

Directions

Place all the ingredients in Fruitalite infuser water bottle. Keep it for infusion overnight. Add ice cubes and serve the next morning.

10. Detox 'Spa' Cucumber Water

You don't have to like cucumbers to fall madly in love with this unencumbered cucumber detox water. All the rehydrating properties of this grand garden vegetable are masked under a guise of lively lemon and mystifying mint. These two inclusions add plenty of sweetness without resorting to the unnecessary contamination of artificial sugars. This refined beverage is typically reserved for classy spa environments, but it can be enjoyed anywhere on the move. For a full day of drinks, the recipe calls for 10 mint leaves, 1 wedged lemon and 1 sliced cucumber. Everything is collected within a sealed vial for chilled overnight storage.

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 20 | Total Fat: 0.6 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 4 mg | Carbohydrates: 6.5g | Dietary Fiber: 3.1 g | Sugars: 0.5 g | Protein: 7.3 g |

Ingredients

- 8 cups of water
- 1 Cucumber, wedged or sliced
- 1 lemon, wedged or sliced
- 10 mint leaves

Directions

Combine all ingredients in an Fruitalite infuser water bottle and leave to steep overnight in the fridge. Do not allow to sit for longer than 48 hours, enjoy the drink throughout your day.

11. Detox Aloe Water

Aloe is a sensational digestive aid, and its incorporation into DIY detox water is revolutionary for dieters everywhere. A household plant can be a perfect specimen for harvesting healing gel. The ooze can be gently extracted with a knife tip before being blended into lemon juice. This serenely sour liquid dilutes the aloe's thickness for easy absorption into the bloodstream. Once digested, aloe promotes relief from fatigue by boosting energy production from the



inside. Please note that pregnant women are cautioned against consuming aloe ingredients, but everyone else can raise a toast to purification with this serenely refreshing selection.

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 15 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 4 mg | Carbohydrates: 6.5g | Dietary Fiber: 3.1 g | Sugars: 0.5 g | Protein: 7.3 g |

Ingredients

- 1-2 Aloe Vera stems
- 2 cups of water
- 1 lemon, wedged or sliced
- Add mint leaves to taste

Directions

Extract the inner gel from the Aloe Vera leaf, combine all ingredients in Fruitalite infuser water bottle and squeeze lemon for the tangy flavor. Serve immediately with ice!

12. Sassy Water

All impurities must beware of Sassy Water. This classy concoction gets its name from a uniquely snappy flavor. Cucumbers instill maximum levels of hydration, and lemon soothes out the digestive lining to speed up internal food processing. Ultimately, this leads to a flatter belly alongside the promotion of kinetic energy. By allowing all the ingredients to settle together overnight, a stellar natural cleanse is born. Mint leaves are included to keep it cool and fresh with a seriously tantalizing tingle. A dash of peppery ginger can also be swirled into the mix to bolster its purifying powers. Bon appetite!

Ingredients

- 3 cups of water
- 1 cucumber
- 1 lemon, wedged or sliced
- Add mint leaves to taste
- Ginger finely grated

Directions

Combine all ingredients in an airtight container and squeeze lemon for the tangy flavor and keep it overnight for the infusion. Carry the entire mix in your Fruitalite infuser water bottle along with you all day and sip your way to a flatter belly.

13. Naturally Flavored Fruit and Herb Detox Water

Ladies, get ready to give up carbonated sodas once and for all! This deliciously detoxifying potion is the world's top substitute for mass-produced bottled beverages. You could refer to this mix as a queen of purity. Furthermore, the lack of manufactured materials reduces the strain on our environment. Often, the custom approach works best. Each woman has her own individual needs, so it is wise to fine-tune a detox program to meet personal lifestyle demands. Just remember to keep it simple. With these feisty formulas, less is almost always better. Fruits and herbs are essential to any signature flavor that sheds pounds.

Ingredients

- 3 cups of water
- 1 bowl of sliced pineapples/watermelon
- 1 lemon, wedged or sliced



- 4-5 mint leaves/basil leaves for herbs
- 1 bowl of blueberries/raspberries/strawberries

Directions

Combine all ingredients in an airtight container and squeeze lemon for the tangy flavor and keep it overnight for the infusion. Carry the entire mix in your Fruitalite infuser water bottle along with you all day and sip your way and shed a few pounds.

14. Flavored Strawberry Fruit Water

Treat your taste buds to a fruit-filled rainbow. Cavalcades of sweet natural treats are infused in this energetic ensemble. The primary ingredient emphasizes a foursome of the following fruits: apples, lemons, oranges and pears. All of them are divided up equally, and the collective is subsequently balanced with an equal amount of strawberries. Alongside a bunch of raspberries and mint leaves, this will be the most satisfying glass of strawberry detox water that you have ever tried. Your goblet would be privileged to contain such a luxuriously satisfying libation. This aromatic water represents the raw juice cleanse of womankind's future!

Ingredients

- 3 cups of water
- 1 bowl of sliced apples, lemons, oranges and pear
- 1 bowl of thinly sliced strawberries
- 4-5 basil leaves for herbs

Directions

Combine all ingredients in your Fruitalite infuser water bottle and squeeze lemon for the tangy flavor and keep it overnight for the infusion. Carry the entire mix in your Fruitalite infuser water bottle along with you all day and sip your way and shed a few pounds.

15. Blueberry Lavender Water

Here we go! This one is a special elixir that cures the mind and body alike. The blueberries naturally expel unwanted toxins in droves, and they release ample B vitamins into the system, which promotes energetic exercise alongside active engagement. The lavender is also particularly soothing for the brain. In terms of detox water recipes, it is hard to find another brew that delivers such stamina and clarity. When selecting lavender leaves, it is wise to select mature plants with robust petals. The opposite is true for berries. With smaller varieties, more nutrients can be jam-packed into the detox blend.

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 20 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 1 mg | Carbohydrates: 6.5g | Dietary Fiber: 2 g | Sugars: 1 g | Protein: 0 g |

Ingredients

- 1-2 cups of blueberries Vera stems
- 4 cups of water
- 2-3 twigs of edible flowers, ask for lavender
- Add mint leaves to taste

Directions

Add Fruits and edible flowers to Fruitalite infuser water bottle and chill for at least 30 minutes. Strain, then add ice and carry your Fruitalite infuser water bottle along with you all day and sip your way and shed a few pounds.

16. The Apple Cider Soda Detox

For a fast track towards a clean system, nothing can compare with the unrivaled power of apple cider vinegar. This potentially allows blood sugar levels to reach a balanced state, and it reduces the appearance of acid to promote body alkalinity. Each teaspoon carries a meager 3 calories, so there is no reason to hesitate when mixing it in. Adding sparkling mineral water can transform this drink into a decadent soda substitute. It can be a great way to switch off from unhealthy carbonated beverages. To match the sweetness of today's sodas, simply add stevia to reach a desired balance.

Ingredients

- 1-2 cups of water
- 2 tablespoons of apple cider vinegar
- Add stevia to taste
- Squeeze a lemon if needed

Directions

Combine all the ingredients to your Fruitalite infuser water bottle along with you all day and sip your way and shed a few pounds and chill for at least 30 minutes. Strain, then add ice and consume, this makes a superb drink for morning consumption and an excellent flushing agent for the body.

17. Strawberry, Lime, Cucumber and Mint Water

To indulge in a supreme detoxification experience, this devilishly rich combination achieves liquid perfection. Despite their sweetness, strawberries are uniquely healthy, especially when it comes to promoting antioxidant intake. This spunky pink fruit has a ravishingly tasty bite, and it empties the body of errant toxins. Strawberry detox water is masterfully enhanced by limes citrus zing. This fruit purifies the intestines and fortifies the colon. Cucumber plays a role in managing efficient hydration, and the mint keeps all the digestive organs calm.

Ingredients

- 1 cup sliced strawberries
- 1 cup sliced cucumbers
- 2 limes, sliced
- 1/4 cup fresh mint leaves
- Ice cubes
- Water

Directions

Layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes. Fill your Fruitalite infuser water bottle with water. Let chill for 10 minutes, and then enjoy! Feel free to use sparkling water instead of still water. Obviously, the longer the water sits, the stronger the flavor. It's mild at first, but after a few hours (or overnight) it's quite strong.

18. Refreshing Citrus and Cucumber Water

This enriching brew will fuel your core with hefty doses of vitamin C. This health positive compound purifies the entire digestive system while also flushing out toxins from the liver. The citrus fruits also carry enzymes that dissolve fat instantly. The cucumbers perform a similar role in building high hydration levels, and the nutrients are vital for radiant flesh and beautiful skin. The deliciousness can be enhanced by a gentle mashing of the fruits. Overnight



stewing also helps, but the lemons should be removed before long-term storage to eliminate excess bitterness. This gentle detox water will fill you up guilt-free!

Ingredients

- 2 litres of water
- 2 large oranges
- 1 lemon sliced
- 1/2 large cucumber sliced
- Ice cubes
- A handful of mint leaves

Directions

Put oranges, lemon and cucumber in the Fruitalite infuser water bottle. Using a long spoon, gently mash fruits/veggies; this will release more flavor.

Take the mint, and gently mash it to release the natural oils; add to the Fruitalite infuser water bottle.

Add water to the Fruitalite infuser water bottle, and stir to begin the infusion process.

Drink/serve immediately, or store in the refrigerator for up to 2 days.

19. Watermelon and Mint Detox

Watermelon detox water is a modern amenity that everyone should at least get to try once. There is no effort involved in this rapturous drink, and it yields a bounty of relaxation. Melons are great for cleaning out the bladder, and mint quells the woes of an upset tummy. Mothers love giving this detox beverage to kids, and it is a great way to eliminate artificial fruit juices from the household diet. With this kind of water, every glass is unique. With an active curiosity, any kitchen can become a haven for alchemy. Prepare to turn H₂O into liquid gold.

Yields: 1 serving | **Serving Size:** 1 drink/full recipe | **Calories:** 36 | **Total Fat:** 0.6 g | **Saturated Fat:** 0 g | **Trans Fat:** 0 g | **Cholesterol:** 0 mg | **Sodium:** 3 mg | **Carbohydrates:** 11g | **Dietary Fiber:** 1.4 g | **Sugars:** 8.5 g | **Protein:** 1 g |

Ingredients

- 4 cups of water
- 2 cups of seedless watermelon
- 4-5 mint leaves

Directions

Place Watermelon in Fruitalite infuser water bottle, add mint leaves a little crushed in your palm and cover with Water.

Let it sit a few hours in the refrigerator before drinking - so the water gets all the nice watermelon and mint flavor.

20. Strawberry Flavored Water

Say good riddance to the summers filled with unhealthy lemonade. Kiss the bellyaches goodbye by switching to the joy of this stunningly sweet strawberry detox water. A rich lemon core purifies the entire digestive arena, and it masks most of the complex flavor with a brilliant spectacle of sour. Scrunched basil leaves really amplify the tang, and strawberries bring endless antioxidants to the table. Overall, this is not a drink to be trifled with; however, it can be enjoyed during all occasions. As a bonus, it offers a great method to show off a gardener's grand harvest each coming year.

Yields: 1 serving | **Serving Size:** 1 drink/full recipe | **Calories:** 30 | **Total Fat:** 0.6 g | **Saturated Fat:** 0 g | **Trans Fat:** 0 g | **Cholesterol:** 0 mg | **Sodium:** 0 mg | **Carbohydrates:** 15g | **Dietary Fiber:** 1.4 g | **Sugars:** 8.5 g | **Protein:** 1 g |



Ingredients

- 4 cups of water
- 4-5 strawberries, hulled and quartered
- ½ lemon squeezed
- small handful of basil leaves, scrunched

Directions

Fill your Fruitalite infuser water bottle to the top with ice and fruit. Slightly scrunch up the basil so it releases its flavor. Cover with cold filtered water. This water is best if you let the water infuse at least 1 hour. If you're impatient (like me), poke a few holes in your fruit with a fork for instant flavor.

21. Detox Iced Green Tea

It is time to give your detox drink a twist of tea. The ancient Chinese tea leaves are one of the planet's leading sources of antioxidants, so they are sure to flush all poisons from the system right away. The plant also provides decent doses of caffeine, which makes it a great utility before working out. Many dieters consider this to be the best weight loss alternative available, especially when compared to coffee. All it takes to assemble a cup of this decadent hydration is strawberries, lemons, cucumbers, honey and a single bag of green tea. Welcome to detoxification nirvana!

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 9 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 0 mg | Carbohydrates: 3g | Dietary Fiber: 1.4 g | Sugars: 1 g | Protein: 0 g |

Ingredients

- 1 green tea bag
- 1 slice lemon
- 1 teaspoon honey
- 2 strawberries sliced
- 2 slices of cucumber

Directions

Using green tea bag and boiling water, brew 8-10 fluid ounces of water to make green tea. Chill green tea in refrigerator for 5 minutes. Add cucumber, lemon, strawberries and honey or stevia in fruitalite fruit infuser water bottle.

Stir to mix ingredients and add ice if desired.

Drink daily as a natural detox to rid your body of toxins and for healthy digestion.

22. Belly Slimming Detox Water

Get rid of that midsection in a jiffy by chugging down the best detox water ever put in a jar. By relying steadfastly on this brew, a tight little waist is just around the corner. The cucumber core creates residual moisture levels that add to the overall hydration capacity. It also aids in healthy pigment and glowing skin. On top of these benefits, the basil intrinsically curbs human appetites. It also lowers struggles with fluid retention. Finally, strawberries speed up digestion and add seductive sweetness levels. Remember, this beverage should be consumed extremely icy. The cold water burns more calories!



Ingredients

- Water and ice
- 3 basil leaves roughly chopped
- 1 strawberry sliced
- 3-5 slices of cucumber

Directions

Combine all the ingredients in your Fruitalite infuser water bottle.
Let it sit for 5 minutes at least, Shake to mix ingredients and add ice if desired.
Drink daily as a natural detox to rid your body of toxins and for healthy digestion.

23. Berry Detox Brew

Girls simply cannot resist tropical fruits, and it is good for them! This zesty recipe is loaded with healing nutrients that will allow a woman the chance to reclaim her physical form from invading toxins and chemicals. The urinary tract receives endless benefits from the cranberries and blackcurrants. They also spell the end for inflammatory disorders. Digestion is soothed by the soft doses of citrus through lemon-lime infusions. Gum disease is also combated through these luscious fruits. With such bountiful berries, it is possible to fuel your source and feel good about snacking! It is time to get slim and fit!

Ingredients

- Water and ice
- 1 cup blueberries
- 1 cup cranberries
- 1-2 slices of lime
- 1 lemon sliced

Directions

Combine all the ingredients in Fruitalite infuser water bottle.
Let it sit for infusion, shake to mix ingredients and add ice if desired.
Drink daily as a natural detox to rid your body of toxins and for a healthy glowing skin.

24. Grapefruit, Orange and Cucumber Detox Water

Grapefruit symbolizes the zenith of detox principles. When ripe, the uniquely bitter citrus is rife with vitamin A. This is particularly helpful if detoxification is meant to address an overdose or addiction. Unwanted drug reactions can be stopped by introducing grapefruit to the body. It acts fast to reverse adverse chemical responses. Meanwhile, the cucumber increases water's ability to flush the system clean. Oranges finalize the dietary advantages by instilling high concentrations of vitamin C. Harmful chemical agents simply do not stand a chance against this tangy drink. The resulting good health is truly glamorous.

Ingredients

- Water and ice
- 1 cup blueberries
- 1 cup cranberries
- 1-2 slices of lime
- 1 lemon sliced



Directions

Combine all the ingredients in Fruitalite infuser water bottle.

Let it sit for infusion, shake to mix ingredients and add ice if desired.

Drink daily as a natural detox to rid your body of toxins and for a healthy glowing skin.

25. Lemon Berry Flush Fat Spa Water

If you want to implement a stricter regimen, then you should dabble with this lively lemon water detox. 30 day programs can reach their maximum potential by including this beverage as a permanent replacement for sodas. Obviously, lemons are a key component to this drink's ability to clean out a system, but the berries play a vital role that should not be discounted. They fill the body with nourishing antioxidants, and the B vitamins boost energy levels for burning fat on the go. Spas everywhere treat their lounging guests to this cleansing drink. The goodness is accentuated by sheer aesthetic appeal!

Ingredients

- 1/2 cup blueberries
- 1/2 cup raspberries
- 3 cups of water
- 1 lemon sliced

Directions

Add all ingredients to Fruitalite infuser water bottle, cover with lid and allow to chill overnight in the refrigerator, drink throughout the day.

26. Day Spa Apple Cinnamon Water

With every glass, this spa water is sure to refresh and rehydrate you. All it takes is one cinnamon stick and a red apple. This is all it takes to put together one of the finest detox water recipes known to women. Children especially adore these kinds of brews. As such, the weight-loss powers extend to all ages. The tastiness does not hurt this drink positive reputation either. It is uniquely suited for the colder seasons, and it garners plenty of holiday cheer. Both essential components within this beverage automatically act as appetite suppressants, so snacking ceases to exist. *Yields:* 1 serving | *Serving Size:* 1 drink/full recipe | *Calories:* 0 | *Total Fat:* 0 g | *Saturated Fat:* 0 g | *Trans Fat:* 0 g | *Cholesterol:* 0 mg | *Sodium:* 0 mg | *Carbohydrates:* 0g | *Dietary Fiber:* 0 g | *Sugars:* 0 g | *Protein:* 0 g |

Ingredients

- 1 apple thinly sliced
- 1 cinnamon stick
- 1-2 cups of water

Directions

Drop apple slices in the bottom of the infuser (save a few to drop in your glass later) and then the cinnamon stick. Cover with ice about 1/2 way through then with water. Place in the fridge for 1 hour before serving. You can refill the Fruitalite infuser water bottle 2-3 times before it begins to lose flavor.

27. Watermelon Rosemary Water

Try a new kind of brew! Adventurous dieters must not resist the urge to experiment with watermelon detox water. These lively beverages will change their lives forever. It is an unabashedly brilliant combination, and the clash of flavors is always a delightfully sharp surprise. The melon should be chunked for maximum derivation of flavor. Basil should be gently muddled with a wooden spoon to activate its flavors and effects. These leaves coax the digestive



system into behaving properly, and they instill a mild boost in energy. Anyone who wants to take a break from alcoholic drinks should try this elixir on for size!

Ingredients

- 2 cups of watermelon
- 1 rosemary
- 1-2 cups of water

Directions

Put rosemary in a jar and massage gently with a wooden spoon. Add the mashed Rosemary to the fruitalite infuser water bottle with chunks of watermelon. Pour in water, cover, and chill until ready to serve.

28. Citrus Mint Infused Water

When mommy wants to look her finest, she turns to a diet that consists solely of this mega mint detox water. Her kids will also learn to love the lively drink. The orange and lemon base forms a one-of-a-kind tanginess. Together, these citrus fruits focus on fixing the digestive systems foundation. In the same process, mint leaves ease stomach aches, menstrual cramps and gas pains. All painful sensations can subside while healing takes place. The mint can be applied liberally, and the recipe calls for at least 10 separate leaves. They can be broken into tiny pieces to activate full flavor!

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 20 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 0 mg | Carbohydrates: 2g | Dietary Fiber: 2 g | Sugars: 1 g | Protein: 0 g |

Ingredients

- 1 large orange
- 2 large lemons
- 10 mint leaves
- 1-2 cups of water

Directions

Wash and slice oranges and lemons into thin slices or rings. Add mint leaves and water to these slices placed in the Fruitalite infuser water bottle and leave it aside for the process. Enjoy the drink throughout your day.

29. Apple Cinnamon Natural Detox Water

Apples are a great inclusion to any detoxification methodology. This is because they linger longer than most fruits, which makes people feel fuller than usual. The result is an unnoticeably suppressed appetite. Likewise, cinnamon speeds the metabolism to new levels of efficiency by providing extra heat for burning more calories. With fiery spicy sensations and profoundly transformative antioxidants, girls around the globe are pledging allegiance to their newly cultivated physiques. With the best detox water, skinniness happens on its own. As you can see, weight loss is hardly even a real pursuit when the drinks taste this unbelievably good.

Ingredients

- 1 green apple
- 1 apple
- 1 cinnamon stick
- 1-2 cups of water



Directions

Wash and slice apples into thin slices or rings. Add cinnamon stick and water to these slices placed in the Fruitalite water infusion bottle and leave it aside for the process. Enjoy the drink throughout your day. This water is an excellent detoxifier.

30. Strawberry Spa Water

This strawberry water is vivacious and flirty. Layers of bubbling pink shades collide as diced berries mingle with electrifying lemon slices. 48 hours of refrigeration will culminate in a luminescent neon glow. This sizzling selection promises to hit the spot every time. Revitalization is actualized by the citrus detox, and strawberries form an impenetrable barrier against internal toxins. In the end, this drink summons a manifestation of youthfulness, and it calms deep inner desires with a candy-like façade. Your sweet tooth will not know what hit it after you test this glorious spa water. It's time to treat yourself!

Ingredients

- 1 cup of strawberries finely sliced
- 2-3 cups of water

Directions

Wash and slice strawberries into thin slices. Add water to these slices placed in the Fruitalite water infusion bottle and leave it aside for the process. Enjoy the drink throughout your day. This water is your way to stop sugar cravings.

31. Cucumber and Lime Detox Water

A lot of additives dilute the natural force of water, but cucumber is always known to enhance the potent properties of hydration. The outer layer also contains many compounds that are crucial to showing off beautiful skin. Clear complexion can be cultivated quickly! Also, limes are the best citrus fruit when it comes to detoxifying the stomach and intestines. They lace the inner linings with a litany of helpful nutrients that ease digestion during every step. With just two ingredients, a lot of flexibility can be featured while making this tasty drink. Weight loss and dietary planning have never been this personalized before!

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 0 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 0 mg | Carbohydrates: 4 g | Dietary Fiber: 2 g | Sugars: 0 g | Protein: 0 g |

Ingredients

- 1 large cucumber
- 1 Sweet Lime
- 1-2 cups of water

Directions

Wash and slice lime and cucumber into thin slices or rings. Add water to these slices placed in the Fruitalite water infusion bottle and leave it aside for the process. Sip this drink throughout your day.

32. Strawberry Lemon Infused Water

When a girl wants guys to notice her figure, she turns to this water detox for the fastest results. There are very few calories in the drink, and most of them stem from easily integrated carbohydrates. The lemons calm the stomach during periods of dietary emptiness, and it is possible to watch the weight fade in a matter of days. This beverage is great for satisfying sweet-and-sour cravings. There are tons of noticeable age reversing effects, and they start appearing within the first month. As always, stricter diet adherence equals stronger results. It's time to gulp down mommy's little helper!



Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 7 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 0 mg | Carbohydrates: 4 g | Dietary Fiber: 2 g | Sugars: 1 g | Protein: 0 g |

Ingredients

- 1 cup of strawberry chopped
- 1 Lemon sliced
- 1-2 cups of water

Directions

Place the strawberries and lemon in the Fruitalite infusion water bottle and leave it aside for the process. Sip this drink throughout your day.

33. Detox Water for Beautiful Skin

Transform into a picturesque beauty! Every girl deserves a radiant sheen. Here is a detox blend that will do the trick for any lady's skin situation. Hefty amounts of apples will synthesize collagen to repair the skin naturally. The strawberries tamp down on carcinogenic influences to maintain clarity in complexion and health. Mint aids every part of the stomach, and it provides fresh breath and confidence. Cinnamon creates intense heat for rapid metabolism and calorie depletion. Finally, the lemon juice staves off constipation, which prevents poisons from staying in the system long enough to express themselves through imperfect skin and unnecessary bloating.

34. Stress Relieving Detox Drink

A lot of anxiety can be directly traced to one's diet, but all of these mental troubles can be alleviated by one cup of fancy pineapple detox water. There is a lot of natural sweetness, which creates tons of energy alongside the boosts instilled by basil. Vitamin C enters the game to keep everything functioning normally. It is also accompanied by plenty of digestive enzymes. The strawberries also provide a bunch of generous compounds including iron, folic acid and vitamins A, C, E and K. It is time to pour meditation into a cup, and watch the weight simply drift away over time.

35. Fat Flush Detox Drink

With the girl that is always on the go, there is no better friend than a green tea beverage. For thousands of years, Chinese cultures have used this ancient plant to lose weight and gain energy. It delivers an awakening jolt with its natural caffeine reserves, and the ability to do more fitness activities makes shedding weight a double pronged effort. There is a refreshing mint edge too. Additionally, the luxuriously tart limes add layers of glistening refreshment for the mouth and intestines alike. The best outcomes will ensure after a two-week period of daily consumption. Recommended doses are around 24 ounces.

36. Strawberry Kiwi Slimdown water

Kiwi detox water belongs to a league of its own. This exotic fruit is blessed with tons of dietary fiber, which helps it remove extra sodium from the system. Girls who consume too much salt may discover a lot of assistance through these tropical treats. Huge vitamin C reserves make this special water a formidable detox agent. Strawberries fight free radicals with antioxidants of their own. This is a quick fix for potassium deficiencies. These brews are notably easy to prepare, and the ensuing metamorphosis is disproportionately positive when compared to the amount of effort required. Get ready to go clothes shopping for smaller sizes!

37. Blackberry and Sage Detox Water

When all the ingredients merge in fresh water, the liquid transforms into a brightly iridescent purple state. The glow may be intimidating, but gals that are in the know trust this drink beyond all others. Spicy sage is the secret



ingredient that lulls the tummy into complacency. It is a light undertone on the palate, and it divinely quenches any thirst or hunger. Blackberries promote digestive functions by stimulating acidic reactions. They are laced with vitamin C and A. This helps flush all poisons from a girl's body immediately. Target demographics for this detox include postmenopausal women and chemotherapy patients with breast cancer.

38. Dr. Oz Recommended Cinnamon Apple Metabolism Water

Televisions own premiere doctor has an excellent contribution to this list. In fact, the recipe involved here is the only one to receive his official endorsement. Apples are a cornerstone of the detox brew, but he abides by green ones instead of the standard reds. Basically, increased sourness directly correlates with detoxifying properties. While the apples purge everything bad from the stomach, 6 cinnamon sticks ignite fiery metabolism rates to burn fat rapidly. During preparation, all ingredients are simmered on a stove for about 15 minutes before being placed in the refrigerator. This process potentiates the drinks capacity to super-boost metabolism.

39. Healthy Flavored DIY (Do it yourself) Detox Water

This is one of the sweetest detoxifiers out there. It derives a big blast of sugar from its decadent array of fruits that includes pineapple, orange and agave. Grated ginger is also sprinkled on top to pack a spicy punch. It is also an elite digestive aid, especially for those with ulcers or a history of cramps. With this elixir, there is a lot of sharpness in terms of flavor, but the thick agave nectar can smooth out everything for a divinely syrupy texture. All the citrus fruits naturally join forces to fortify stomach, intestines and colon. Say cheers!

40. Detox Lime and Lemon Water

A lifelong dependency on 7Up and Sprite can finally come to an end with this carbonated detox blend. All it takes is 1 lemon, 3 limes and a sparkling spritzer. Fake sugars can finally be discarded, and their disappearance will be joined by the vanishing of several pounds. This is a great brew for getting slimmer and trimmer. It is a delicacy worthy of cherished sips. Each taste singes the tongue with zesty ferocity, and your belly will thank you for freeing it from soda once and for all. This drink will replace the former waste with an actual waist!

41. Blueberry and Raspberry Infused Drink

B vitamins bring the boost to your exercise routine every time. This drink is ideal for downing before a trip to the gym. Ladies can get ripped with this energizing supplement. The sparkling water core is invigorating and crisp. A bunch of fiber is provided to clear out the digestive tract. Antioxidants show up by the millions to decimate poisons and errant chemicals. All that survives are biological agents of health and beauty. Don't you wish that everything this tasty was equally easy on the conscience?

42. Slimming Detox Water

This detoxifying drink is the epitome of weight loss. Bloating is instantaneously reverted by lemons and limes. Ginger similarly calms the belly down to easy digestive passageways. Oranges deliver antioxidants to cleanse every nook and cranny. Cucumbers instill the proper retention of moisture, and they load the system with vitamins A and B. No toxins can withstand the presence of this drink. The compounds take time to focus on the inside and outside. This recipe tastes like nothing else on the planet, and it will make you stand out too! Now you can proudly proclaim, Size 0, here I come!

43. Naturally Flavored Detox Water

This heavenly brew is sweeter than soda, but it is also much healthier. The pineapple is a dense source of digestive enzymes. They really know how to make a girl's stomach happy. The fruit, which is related to most berries, also contains a diverse assortment of beneficial vitamins. Meanwhile, the watermelon keeps the water watery by diluting the gelatinous mess of other ingredients. Muddled rosemary finalizes this rare potion. This herbal infusion is great



for easing pains in the lower belly, and it also helps wake up drowsy individuals. This recipe is shockingly irresistible, and every cup is hard to put down.

44. Vegan Strawberry Lemonade

Forget about the consequences of lemonade forever, and just enjoy the treat with this sugar-free version. With a perky infusion of strawberries and raspberries, hot summer days have never been better. If the ingredients sit in a chilled environment for two days, you will be greeted with pink lemonade that is out of this world. The lemons are always good for the stomach, but their healing properties have previously been counteracted by artificial sweeteners. Now, dieters can receive all the tasty benefits without enduring unnecessary bodily ramifications. Weight loss and enjoyment can co-exist, so feel free to drink up and have another!

45. Weight Loss Detox Drink

This is a signature recipe for aficionados of the weight loss game. If the situation is urgent, desperate measures may be needed. Luckily, the garden may hold the clues to a successful slimming venture. With a core of cucumbers and limes, all harmful compounds are forced to evacuate the body. This leaves only the helpful chemicals behind. A sprinkle of lime adds even more potency to the blend, and the stomach reaps serious aids from mint and grated ginger. These two ingredients should be added last to preserve the drinks complex flavor. If they are mixed early, the taste may be muddled.

46. Lemon Berry Fat Flush

If you want to evict fat from your body for good, turn to this brightly colored potion for instant results. The berries bring a respectable dose of B vitamins, which allows for energy production and exercise activities. With lemon keeping the sugary flavors in unison, this drink is great for girls of all ages. This brew can serve as a teenage lady's first detox, and it can also help grandmothers guarantee lasting longevity. To produce the maximum level of helpful effects, this concoction needs to be stored in a cold environment overnight. It will certainly make for a memorable morning!

47. Orange, Blueberry and Lavender Detox Water (Vegan and Gluten Free)

If you ever need to treat a hangover, you've just stumbled on the right beverage for getting the job done. Coconut water is intensely hydrating, and it possesses an uncanny ability to mitigate comedowns from alcohol. It eases digestion and flushes harmful chemicals. A small navel orange pushes protective measures into the digestive systems, and blueberries banish all internal poisons while energizing the mind. With 4 sprigs of lush lavender, this drink is sultry and aromatic. This cunning combination can treat headaches and stomach aches alike. As a bonus, the entire detox recipe is vegan and free of gluten.

48. Cucumber Basil Infused Water

If you need to curb an out of control appetite, basil may be your new best friend. This helpful herb can stamp out the need to eat for pleasure. It simply tricks the belly into feeling full. The cucumber takes advantages of this faux fullness, and it uses the stasis to empty out all the body's harmful chemical accumulations. This gentle green veggie allows water to be even more hydrating than it would be on its own. It has an obscure flavor, but the basil masks it with zesty fervor. Overall, this detox technique is trusted and time tested.

49. Refreshing Infused Drink

For those that resist tradition detox methods, watermelon water may be the cure. It is filled with antioxidants, and the fluids have been shown to expunge unwanted toxins. Melons make detoxifying accessible to all demographics.



People with sensitive stomachs can enjoy these drinks with zero issues. Kids also become enamored with watermelon beverages, so they can be used to subjugate mass-produced fruit juices and carbonated sodas. Of course, lemon bolsters this beverages healing approach by allowing digestion to flow naturally. The mints also promote identical solutions to a rebelling belly. 5 leaves are all it takes to be chilled and calmed.

50. Watermelon and Mint Drink

This one is a proactive wonder! The watermelon core assists the fundamental roles of both the liver and kidneys. This allows them to dispel critical poisons like ammonia. In a similar fashion, the lemons and limes play a formidable role in encouraging healthy intestinal bile interactions. Cucumbers bring nourishment to a new level, and their nutrients are excellent for procuring an aesthetic frame and complexion. Guys will definitely start to notice when a lady switches to this quenching recipe. By providing energy to a woman's inner core, this drink truly activates alchemy in action. Just one cup a day equals massive fitness.

51. Anti-Bloating Detox Water

Bloating is directly attributed to water retention, which is something that cucumbers are known to prevent. Water rushes out of the system when cucumbers are consumed consistently. They are especially good for handling weight gain due to a menstrual cycle. Cholesterol is combated by oranges, which also assist the immune system's functions. The other citrus fruits in this blend emphasize a deep intestinal cleansing. Meanwhile, the mint fosters fast nutrient absorption and energy conversion. In general, it also quickens and eases digestion, especially for those who have ulcers or hernias. This recipe focuses on functionality over flavor, but it still has a decent taste.

52. Springtime Strawberry Spa water

If you want a drink that mimics the fancy beverages served in health spas, try this homemade detox water. This is one of the best-rounded brews ever devised by human minds. The lemon leads to a cleaned out digestive system, and cucumbers keep your figure slim by eliminating unnecessary water storage. Strawberries combine with the other fruits to provide the most prominent edge of sweetness, which is accompanied by the brisk coolness of mint. This digestive aid merges efforts with the basil to create a stable stomach for any lass. Get ready to feel like you just ordered room service!

53. Dieter's Dream Water

For a richer approach to detoxifying, you cannot surpass the diverse qualities of this renowned recipe. While it relies on the industry standard of lemon and cucumber, this is clearly only just the start. Frozen cranberries are integrated to rebuild the kidneys and restore the urinary tract. A more complete detox experience is generated by the rich presence of cilantro and Italian parsley. Unless you are a diehard dieter, this drink may be hard to consume. Still, it is worth the effort. If your mouth can stomach it, then your stomach definitely can too. Just anticipate the unrepentantly spicy sourness!

54. Frozen Fruit Water

Ingredients:

- 2 cups frozen apple chunks, grapes, or berries
- 1 half-gallon of water

Direction

Add frozen fruit to Fruitalite infuser water bottle; pour water over fruit and let sit at least 30 minutes in the refrigerator. Stir to distribute fruit flavor and serve in glasses with some ice cubes. *(Note: you can chop up the same kind of fruit, unfrozen, and follow same directions. You'll need to use more ice when serving the unfrozen fruit-flavored water).*



55. Orange Mint Water

Ingredients:

- 3 large oranges, sliced
- 10 mint leaves
- 1 half-gallon of water

Direction

Put sliced oranges and mint leaves in Fruitalite infuser water bottle and add water; refrigerate for 2 hours to infuse flavors. Pour over ice and garnish with a sprig of mint and orange slice.

56. Lemon, Lime and Orange Cilantro Tropical

Ingredients:

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1/4 cup cilantro leaves
- 1 half-gallon of water

Direction

Add citrus slices and cilantro leaves to a Fruitalite infuser water bottle; fill with water and refrigerate 2 hours. Serve in ice-filled glasses. Garnish with your favorite citrus slice (and a sprig of cilantro, if you're using that). Makes about 8 servings.

57. Honeydew Lime Water

Ingredients:

- 2–3 slices of ripe honeydew melon
- 1 lime, sliced
- 4 sprigs of mint
- 1 half-gallon of water

Direction

Add melon slices, lime slices and mint sprigs to a Fruitalite infuser water bottle; fill with water and refrigerate 2–4 hours. Serve in ice-filled glasses. Makes about 8 servings.

58. Herb and Berry Flavored Water

Ingredients:

- 1 cup fresh blueberries, lightly crushed
- 2–4 inch sprigs of fresh rosemary, lightly bruised (to release more flavor)
- 1 half-gallon of water

Direction

Add melon slices, lime slices and mint sprigs to Fruitalite infuser water bottle; fill with water and refrigerate 2–4 hours. Serve in ice-filled glasses. Makes about 8 servings.



59. Lemon Lavender Spa Water

Ingredients:

- 3 large lemons, sliced
- 1/4 cup fresh lavender
- 1 half-gallon of water

Direction

Add lemon slices and lavender to Fruitalite infuser water bottle; pour water over both and refrigerate for 2 hours. Serve over ice and garnish with a sprig of lavender.

60. Lemon-Mint or Lemon-Basil Water

Ingredients:

- 4 lemons, sliced
- 1 1/2 cups firmly packed fresh mint or basil leaves
- 6–8 cups water
- 6–8 cups ice cubes
- Fresh mint or basil sprigs

Direction

Place lemon slices in Fruitalite infuser water bottle. Rub the mint or basil leaves between the palms of your hands to bruise the leaves slightly. Add to the Fruitalite infuser water bottle with lemon and pour in the water. Cover and chill 1–8 hours.

Strain lemon–water mixture and discard herbs. Divide lemon slices and additional fresh mint or basil sprigs equally among 6–8 glasses. In each glass, add 1 cup of ice cubes, then fill with lemon water.

61. Metabolism Boosting Mango Ginger Water

Ingredients:

- 1 ginger root
- 3-4 cups water
- 3 cups ice cubes
- 1 cup frozen Mango- fresh is fine too

Direction

Peel the ginger and slice it into thin pieces or you can also grate it. Drop it into the Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–4 hours. This is indeed good for digestion.

62. Raspberry Orange Detox Water

Ingredients:

- 1 thinly sliced large orange
- 3-4 cups water
- 1 pint raspberries lightly crushed

**Direction**

Place the thin slices of orange into the Fruitalite infuser water bottle. Add the crushed raspberries, water and ice to the pitcher. Cover and chill 1–4 hours. Oranges are not only delicious, but also, they provide tremendous boost of vitamin C which fights inflammation in the stomach.

63. Classic Cucumber Water

Ingredients:

- 1 Cucumber peeled or unpeeled
- 3-4 cups water

Direction

Place the thin slices of cucumber into the Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Serve and sip throughout your day as a cool refreshing drink.

64. Tropical Pineapple and Orange Detox Water

Ingredients:

- 1 Orange thinly sliced
- ½ cup pineapple thinly sliced
- 3-4 cups water

Direction

Place the thin slices of pineapple and orange into the Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Serve and sip throughout your day as a fat burning powerhouse. This is an excellent drink for vacations or even for gyms.

65. Lemon Water and Cayenne Pepper Detox Drink

Ingredients:

- 2 tablespoon organic lemon or lime juice
- 2 tablespoon organic maple syrup
- 3-4 cups water
- 1/10 teaspoon cayenne pepper

Direction

Include all the ingredients in a Fruitalite infuser water bottle, add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Serve and sip throughout your day as a master cleanser treat to your stomach.

66. Dandelion Detox Drink

Ingredients:

- 2 tablespoon organic lemon or lime juice
- 1 tablespoon cranberry juice (sugar free)
- 3-4 cups water
- 1 dandelion root tea bag

**Direction**

Include all the ingredients in a Fruitalite infuser water bottle, add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Serve and sip throughout your day as a fast bloat removing treat to your stomach.

67. Aloe Vera with Lime Water

Ingredients:

- 2 tablespoons of Aloe Vera gel
- 1 lime
- 2 cups of water
- ice

Direction

Include all the ingredients in a Fruitalite infuser water bottle, add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours.

68. Cooling Peach Mint Water

Ingredients:

- 2-3 peaches thinly sliced
- 1 long sprig of Mint
- 2 cups of water
- ice

Direction

Place the thinly sliced peaches in a Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Peaches are packed full of natural sweetness and perfectly pair with the bloat relieving mint, if you like a sweeter drink, simply add fresh chopped pieces in your glass in the lieu of ice and enjoy.

69. Pineapple Cucumber Detox Water

Ingredients:

- 1 cup of thinly sliced pineapple
- 1 cup fresh mint leaves
- 1 medium Cucumber
- 2 cups of water
- ice

Direction

Include all the ingredients in a Fruitalite infuser water bottle, add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Pineapple naturally raises your metabolism and cucumber are source of refreshment for your body.

70. Detox green Tea

Ingredients:

- 1 green tea bag
- 1 slice lemon
- 2 cups of water
- ice
- 2 strawberries
- 2 slices cucumber

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent detox with zero calories. Enjoy your drink as you lose pounds.

71. Kiwi Cucumber Mix Detox

Ingredients:

- ½ cup Kiwi sliced
- 1 medium cucumber sliced
- 2 cups of water
- ice

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent detox with zero calories. Enjoy your drink as you lose pounds.

72. Lime Kiwi Basil Spa Water

Ingredients:

- ½ cup Kiwi sliced
- 1 large lemon sliced
- 2 twigs of basil
- 2 cups of water
- ice

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours.

73. Cucumber Ginger Asparagus Water

Ingredients:

- ½ cup Asparagus sticks
- 1 medium cucumber sliced
- Ginger finely grated
- 2 cups of water
- ice

**Direction**

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent detox with zero calories. Enjoy your drink as you lose pounds.

74. Cinnamon Lime Detox Water

Ingredients:

- 2 Cinnamon sticks
- 1 sweet Lime sliced
- 2 cups of water
- ice

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. Add mint leaves to calm down your stomach.

75. Lemon Berry Green Tea Fusion

Ingredients:

- 1 cup berries (blueberries preferably)
- 1 large lemon sliced
- 1-2 green tea bags
- 2 cups of water
- ice

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent detox with zero calories. Enjoy your drink as you lose pounds.

76. Ginger Pineapple Fusion

Ingredients:

- 1 cup freshly cut pineapple cubes
- Ginger thinly sliced
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent detox with zero calories. Enjoy your drink as you lose pounds.

77. Blueberry Orange Cool Water

Ingredients:

- 1 cup freshly cut orange slices
- 1 cup blueberry
- Filtered water

Direction



Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink as you lose pounds.

78. Mango and Basil

Ingredients:

- Ripe Mango
- handful of basil leaves
- Filtered water

Direction

Rip basil, never cut s it will brown the herb, into small pieces, while cutting mango into chunks that can be then added to the Fruitalite infuser water bottle. Add water and ice. Cover and chill 1–8 hours. Relax and enjoy your summer drink.

79. Cherry Vanilla Infused Water

Ingredients:

- 1 cup of cherry, halved
- 1 inch of vanilla bean, cut in half
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink as you lose pounds.

80. Cherry Peach Infused Water

Ingredients:

- 1 cup of cherry, halved
- 1 inch of vanilla bean, cut in half
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink as you lose pounds.



81. Cherry Plum Infused Water

Ingredients:

- 1 cup of cherry, halved
- 3-4 slices of plum
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

82. Orange Cardamom Vanilla Water

Ingredients:

- 1 inch of vanilla bean cut in half
- 3-4 slices of oranges
- 1 cardamom pod

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

83. Lemon Thyme Summer Water

Ingredients:

- 1 lemon cut into slices
- 2-3 sprigs of thyme

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

84. Orange Rosemary Water

Ingredients:

- 3-4 Slices of Orange
- 1-2 sprigs of rosemary

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

85. Peach Thyme Cool Water

Ingredients:



- 1 peach cut into slices
- 2-3 sprigs of thyme
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

86. Peach Lemon Thyme Water

Ingredients:

- 1 peach cut into slices
- 2-3 sprigs of thyme
- Filtered water
- 1-2 slices of lemon

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

87. Ginger Peach

Ingredients:

- 1 peach cut into slices
- 2-3 thin slices of Ginger
- Filtered water
- 1 slice of lemon

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

88. Orange Mint Water

Ingredients:

- 1 Orange cut into slices
- 8-10 mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



89. Cantaloupe Mint

Ingredients:

- 3-4 cubes of Cantaloupe
- 8-10 mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

90. Honeydew Strawberry

Ingredients:

- 3-4 cubes of cantaloupe
- 2 strawberries slices
- Filtered water
- 1-2 slices of honeydew

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

91. Honeydew Cantaloupe Basil

Ingredients:

- 2 cubes of honeydew
- 2 cubes cantaloupe
- Filtered water
- 5-6 basil leaves

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

92. Mango Pineapple Tropical water

Ingredients:

- 2-3 Chunks of Mango
- 2-3 chunks of Pineapple
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



93. Mango Papaya Water

Ingredients:

- 2-3 Chunks of Mango
- 2-3 chunks of Papaya
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

94. Mango Berry Tropical Twist

Ingredients:

- 2-3 Chunks of Mango
- 2-3 cups of blueberries and blackberries
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

95. Tropical Trio

Ingredients:

- 2-3 chunks of Mango
- 2-3 chunks of Pineapple
- 2-3 chunks of Papaya
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

96. Pineapple Mint

Ingredients:

- 3-5 chunks of Pineapple
- 2-3 Mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



97. Pineapple Orange Fusion

Ingredients:

- 3-5 chunks of Pineapple
- 2-3 slices of Orange
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

98. Pineapple Orange Mint Trio

Ingredients:

- 2-3 chunks of Pineapple
- 2-3 slices of Orange
- 2-3 leaves of Mint
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

99. Pineapple Cucumber Fusion Water

Ingredients:

- 2-3 chunks of Pineapple
- 2-3 Cucumber slices
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

100. Pineapple Cucumber Mint Water

Ingredients:

- 3-4 chunks of Mango
- 2-3 slices of Cucumber
- 2-3 Mint Leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



101. Pineapple Cucumber Cilantro Water

Ingredients:

- 2-3 chunks of Pineapple
- 2-3 slices of Cucumber
- 2-3 twigs of Cilantro
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

102. Pineapple Ginger Lime Papaya

Ingredients:

- 2-3 chunks of Pineapple
- 2-3 slices of Ginger
- 2-3 slices of Sweet Lime
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

103. Apple Pear Water

Ingredients:

- 2-3 slices of Apple
- 2-3 slices of Pear
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

104. Vanilla Pear

Ingredients:

- 2-3 slices of Pear
- 1 inch of vanilla bean, cut in half
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



105. Ginger Pear

Ingredients:

- 2-3 slices of Pear
- 2-3 1-inch slices of ginger
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

106. Rosemary Pear Water

Ingredients:

- 2-3 slices of Pear
- 1 sprig of Rosemary
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

107. Spiced Pear Water

Ingredients:

- 2-3 slices of Pear
- 1 stick of Cinnamon
- 3 cloves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

108. Strawberry Grape

Ingredients:

- 2-3 Strawberries sliced
- 5-6 red grapes, halved
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

109. Plum Grape Water

Ingredients:

- 2-3 slices of Plum
- 5-6 red grapes, halved
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

110. Grape and Rosemary Water

Ingredients:

- 1 sprig of Rosemary
- 5-6 red grapes, halved
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

111. Apple Cucumber Mint

Ingredients:

- 2-3 slices of Apple
- 2-3 slices of Cucumber
- 8-10 Mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

112. Spiced Apple Pie Water

Ingredients:

- 2-3 slices of Apple
- 1 Cinnamon stick
- 2 cloves
- Filtered water

**Direction**

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

113. Ginger Apple Fusion Water

Ingredients:

- 2-3 slices of Apple
- 1 Cinnamon stick
- 1-2 thin slices of Ginger
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

114. Jalapeno Cucumber Water

Ingredients:

- 1 matchstick of Jalapeno, seeds removed
- 2-3 slices of Cucumber
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

115. Jalapeno Cucumber Mint Water

Ingredients:

- 2-3 slices of Cucumber
- 1 matchstick of jalapeno, seeds removed
- 8-10 mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

116. Jalapeno Cucumber Basil Water

Ingredients:

- 2-3 slices of Cucumber
- 1 matchstick of jalapeno, seeds removed
- 8-10 basil leaves



- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

117. Grapefruit Mint

Ingredients:

- 2-3 slices of Grapefruit
- 8-10 mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

118. Sweet Berry Lime Water

Ingredients:

- 2-3 slices of Sweet Lime
- 1 cup of Blueberries
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

119. Sweet Raspberry Lime

Ingredients:

- 2-3 slices of Sweet Lime
- 1 cup of Raspberries
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

120. Orange Pomegranate Water

Ingredients:

- 2-3 slices of Oranges
- 1 cup of Pomegranate seeds
- Filtered water

**Direction**

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

121. Blackberry Vanilla Tropical Water

Ingredients:

- 1 inch of Vanilla bean, halved
- 1 cup of Blackberries
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

122. Mint Blueberry Vanilla Water

Ingredients:

- 1 inch of Vanilla bean, halved
- 1 cup of Blueberries
- 8-10 Mint leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

123. Strawberry Jalapeno Fusion Mix

Ingredients:

- 5-6 slices of Strawberries
- 1 matchstick of jalapeno, seeds removed
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



124. Strawberry Jalapeno Mint Mix

Ingredients:

- 5-6 slices of Strawberries
- 1 matchstick of jalapeno, seeds removed
- 8-10 Mint Leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.

125. Rosemary Peach Water

Ingredients:

- 5-6 slices of Peach
- 1 cup of Raspberries
- 8-10 Mint Leaves
- Filtered water

Direction

Place all the ingredients in your Fruitalite infuser water bottle. Add water and ice to the Fruitalite infuser water bottle. Cover and chill 1–8 hours. This is an excellent water for antioxidizing your body. Enjoy your drink.



Fruitalite™

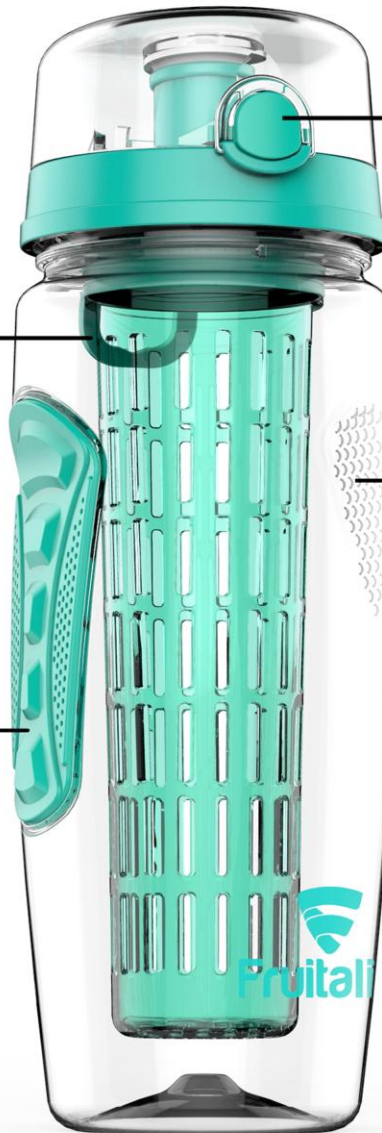


Carry handle making it easy to carry anywhere

Flip top release button and extra metal latch security to ensure no leaking

Thumb grip to fit in your hand perfectly

Rubber grip making it easy to carry and prevents slipping from your hands



Check your e-mail for free e-book.