

WATER QUALITY

Being well-hydrated improves our sleep, cognition and mood.¹

Water comprises over 50% of an adult's body weight and facilitates critical functions such as carrying nutrients and oxygen to our cells, removing waste from our bodies, and regulating our body temperature.²

While we tend to take the quality of our tap water for granted, it can contain contaminants such as bacteria, heavy metals and chemical additives that can impact our health in both the short- and long-term.





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