

Health And Well-Being

Stay Hydrated; Stay Healthy

(NAPSA)—Do you know if you are dehydrated? Chances are you do not, as an estimated three out of four North Americans are chronically dehydrated. The human body is composed of 75 percent water and fluid loss can lead to dehydration, which is the No. 1 cause of stress in the body. According to the U.S. Centers for Disease Control and Prevention, if you feel thirsty, you are already dehydrated. Prevention is the best step to take during daily activities to prevent the onset of dehydration.

To help, you can now get vitamin- and mineral-fortified water with antioxidants that is low in calories but high in flavor. Called “Rescue Waters,” these drinks from AriZona Beverages can not only increase fluid replacement, they can also help balance nutrient absorption.

Each of the four flavors has a unique function as well as carefully balanced vitamins and minerals provided by Twinlab.

The Berry Blend flavor promotes relaxation with a blend of L-Theanine, green tea extract and lemon balm that work in harmony to help the body deal with daily stressors and relax.

For a boost of energy, the Lemon-Lime formula provides a blend of guarana extract, green tea extract and natural caffeine, which are meant to enhance endurance and fuel focus.

An Orange-Citrus blend is meant to help the body detox by supporting liver function and replenishing the body with necessary nutrients such as Alpha Lipoic Acid, green tea extract, milk thistle extract and L-Glutathione.

The Pomegranate Punch is designed to support immunity by



Health care experts advise: Don't wait until you're thirsty to take a drink of water.

combating free radicals with a blend of Arabinogalactin, green tea extract and elderberry extract.

The drinks contain no preservatives, artificial colors or artificial flavors. Furthermore, they're sweetened with the natural sweetener Reb A, made from the stevia plant, which has zero calories, so each beverage has only 25 calories per 8-ounce serving—other enhanced waters have twice that.

In addition, the brightly colored containers are made with a technology that protects the product within from oxygen, which can degrade the quality of the beverage and impair the nutrients inside. The Rescue Waters are made by the AriZona Beverage Company, a privately run American business based in New York.

For more information on this or any other of the company's beverages, visit www.drinkarizona.com, <http://www.facebook.com/pages/AriZona-Rescue-Water/368445243173> or twitter.com/DRINKARIZONA, or call (800) 832-3775.