

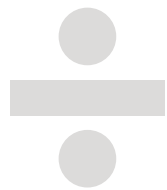
WATER



HOW MUCH
DO YOU
REALLY
NEED?



BODY
70%
WATER



DRINK
MORE
WATER



BODY
WEIGHT / 2
(lbs)

1 = 8
OUNCES

WATER
NEEDED
PER DAY



BRAIN
75%
WATER



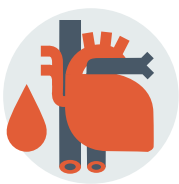
LUNGS
90%
WATER



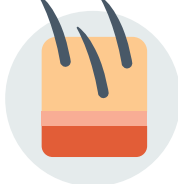
BONES
24%
WATER



HELPS
CONVERT
FOOD
INTO ENERGY



BLOOD
85%
WATER



SKIN
80%
WATER



MUSCLE
75%
WATER



HELPS
BODY
ABSORB
NUTRIENTS

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