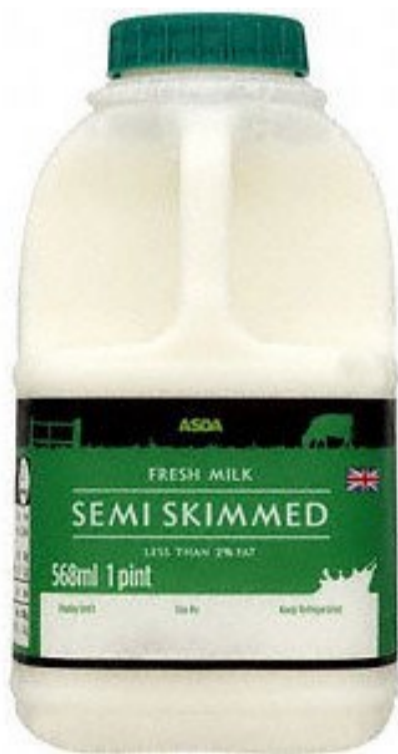


# Hydrate the healthy way



**Aim for 6- 8 cups  
per day**



**Builds strong bones  
and kind to teeth**