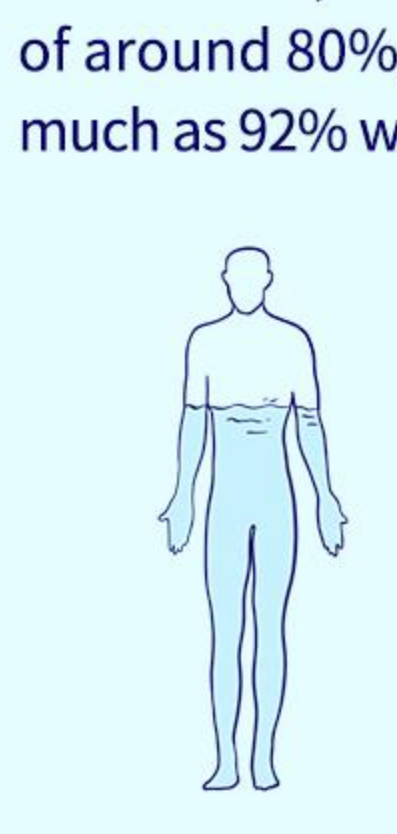




Hello,
I'm water.

The Hot Knowledge of Nutrients

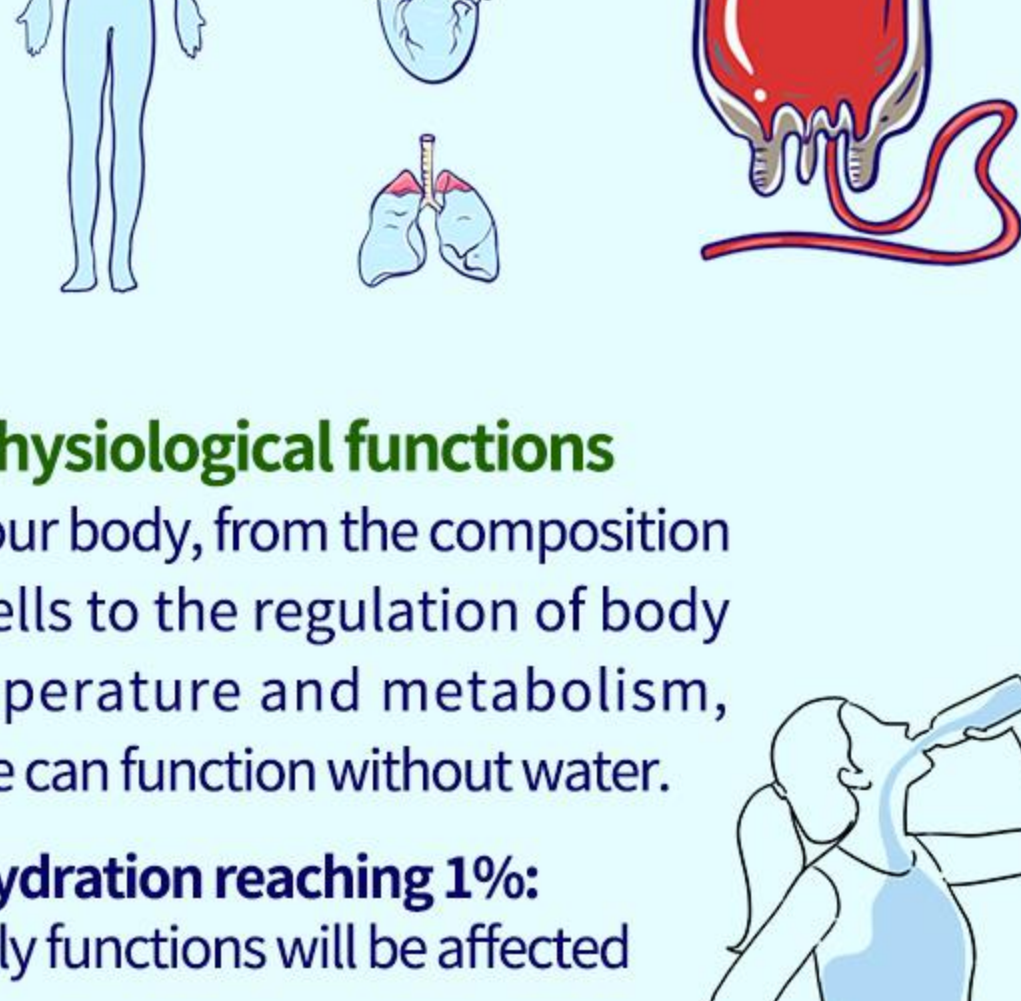
Healthy Hydration: The Principle of Drinking Water



Why is our body so dependent on water?

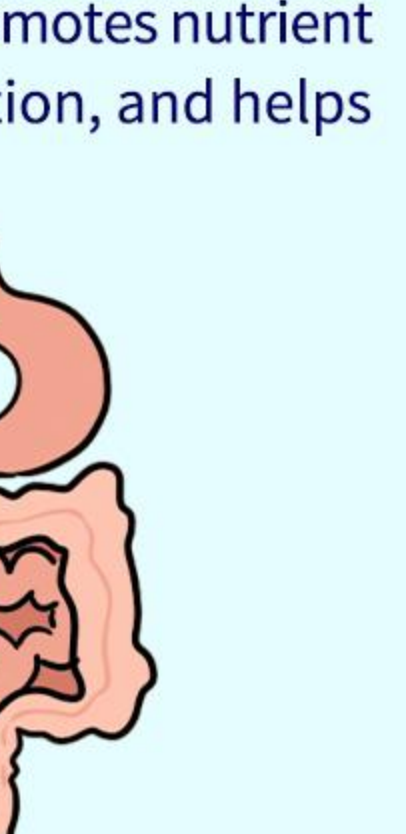
◎The source of life

About 70% of our body is water. Vital organs such as the brain, lungs, and heart have water content of around 80%, while blood plasma contains as much as 92% water.



◎Physiological functions

In your body, from the composition of cells to the regulation of body temperature and metabolism, none can function without water.

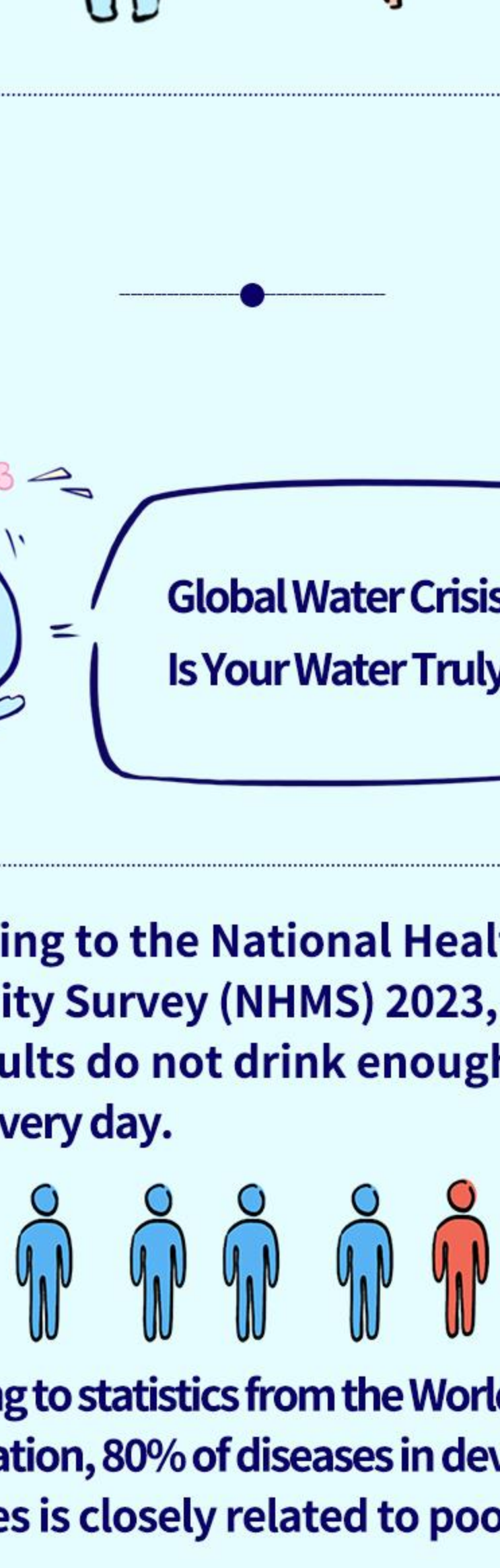


Dehydration reaching 1%: bodily functions will be affected

Dehydration reaching 10%: one's life becomes endangered

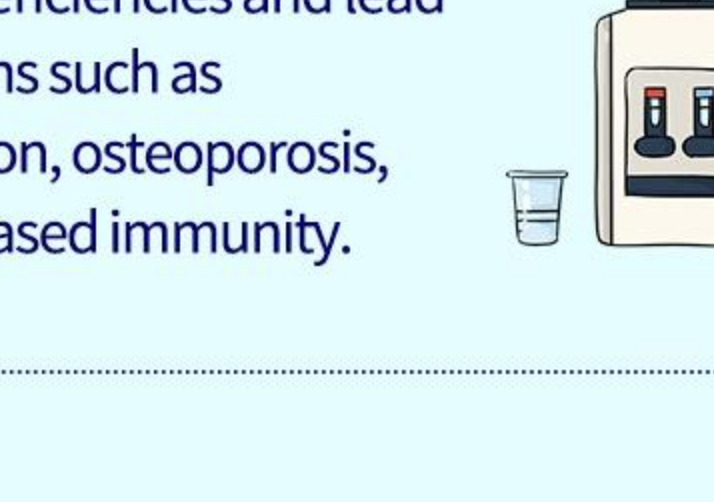
◎Gut Health:

Water aids in food digestion, promotes nutrient absorption, prevents constipation, and helps manage weight.



Global Water Crisis: Is Your Water Truly Safe?

According to the National Health and Morbidity Survey (NHMS) 2023, one in five adults do not drink enough plain water every day.



According to statistics from the World Health Organization, 80% of diseases in developing countries is closely related to poor water quality.

River pollution:

Rivers in Malaysia are severely polluted, causing the deterioration of drinking water quality. It may contain harmful substances such as heavy metals, arsenic compounds, cyanides, nitrites, and organic pollutants.



Pure water issue:

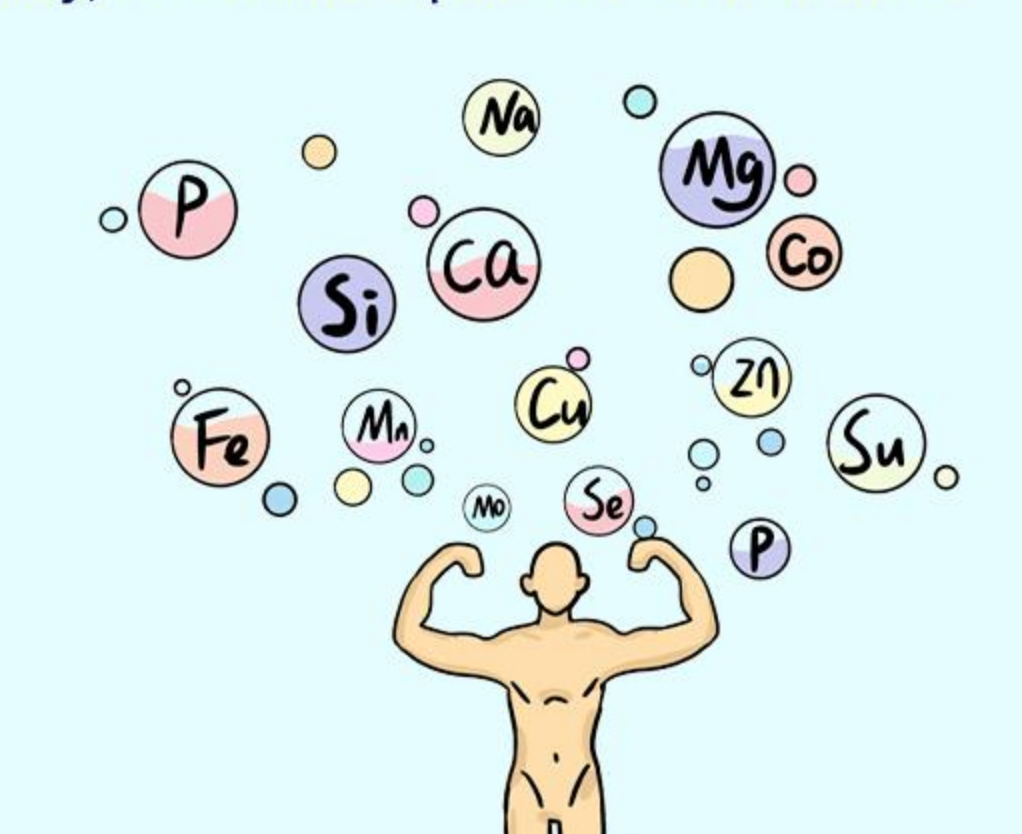
While pure water effectively removes harmful substances, it also eliminates essential minerals. This can result in nutrient deficiencies and lead to problems such as malnutrition, osteoporosis, and decreased immunity.



Smart Guidelines for Healthier Water Consumption

★Water Filter Tips :

Choose a filter that removes contaminants while retaining essential minerals to ensure your drinking water remains both safe and healthy.



★Criteria for Good and Healthy Water :

Safe: Free from harmful substances.

Mineral content: Water is the main sources of minerals. The proportion of mineral elements from drinking water can be as high as 20%, including calcium, magnesium, and others.

Mineral absorption rate: Minerals in healthy water can be easily absorbed by the body, with an absorption rate of over 90%.



★Daily Water Intake

Everyone should drink at least 6-8 cups (250 ml per cup) of plain water each day. Remember to drink water regularly, even if you do not feel thirsty.



“Optimal Health with 7 Key Nutrients”

