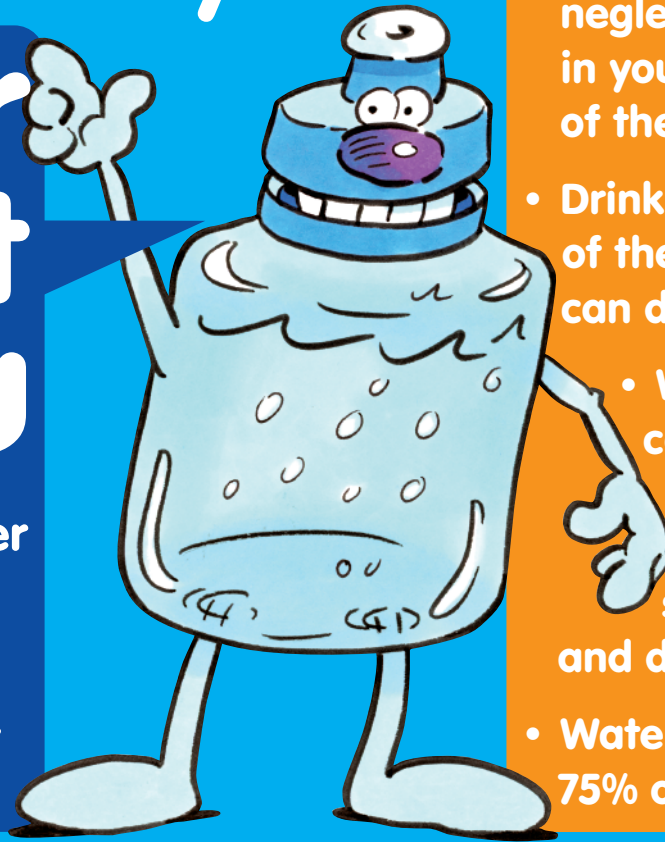


# Mr Drink-It says...

# Water is great for you

Drinking enough water  
is just as important  
as eating the right  
foods, so aim to drink  
8 glasses a day



- Water is the most neglected nutrient in your diet but one of the most vital
- Drinking water is one of the best things you can do for your body
- Water has zero calories, prevents dehydration and is great for the skin, kidneys, liver and digestive system
- Water even makes up 75% of your brain

Call **0800 027 6152** for a FREE water efficiency pack, including a save-a-flush bag

Visit [www.southernwater.co.uk](http://www.southernwater.co.uk) for more water efficiency tips

 Southern  
Water