



MAYO CLINIC  
HEALTH SYSTEM

## Health benefits of water

Whether you prefer plain, sparkling or infused water, be sure to drink plenty every day. Staying hydrated improves your overall health, is good for your skin and joints, helps regulate your body temperature and helps remove toxins.



[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

# Infused Water Recipes



strawberry

+



orange

+



pineapple

mint



cucumber

+



mint

+



raspberry

lime



mixed berry

+



pineapple

+



strawberry

mint

