10 Benefits
OF FRUIT INFUSED WATER

Have you ever tried fruit infused water? This healthy, hydrating beverage will nourish your body and delight your senses. Squeezing the fruit to release juice into the water before steeping will enhance its nutritional value. There are thousands of recipes available, and each has unique benefits.

So, are you ready to give it a try? Here are 10 benefits of fruit infused water:

1

GET MORE NUTRIENTS IN YOUR DIET
When you prepare this beverage, nutrients leak out of the fruit into the water. This flavor-packed drink is rich in vitamins, minerals, phytonutrients, and antioxidants. It's a much healthier alternative to store-bought "vitamin waters," energy drinks, sodas, and plain water.

2

WARD OFF DISEASES
Depending on the ingredients used, fruit infused water may lower your risk of diabetes, obesity, cold, flu, and heart disease. The natural compounds in fruit help maintain body pH within the ideal range, which decreases your chances of developing cancer.

3

SLOW THE AGING PROCESS
Fruit infused water contains powerful antioxidants that slow aging and fight free radical damage. They also increase collagen production, leaving your skin smooth and silky. If you start drinking fruit infused water today, you'll look and feel younger within weeks.

4

BOOST YOUR METABOLISM
The active compounds in fruit speed up metabolism, causing your body to burn more calories throughout the day. For example, lemon water is well-known for its metabolism boosting effects. This refreshing drink energizes your body and promotes fat loss.

5

MAINTAIN A HEALTHY BODY WEIGHT
Fruit infused water is more filling and nutritious than plain water. It also contains fewer calories and sugar than soft drinks. Some fruits suppress your appetite and reduce cravings. By drinking fruit infused water, you'll have more control over your weight and feel full longer between meals.

6

HAVE MORE ENERGY
This high-vitamin drink provides explosive energy. It's particularly good for athletes, fitness buffs, and active people. Fruit infused water can successfully replace sports drinks. It's healthier, safer, and has a better taste. Not to mention its antioxidant and electrolyte power!

7

SPICE UP YOUR DIET
There are lots of different ways to make fruit infused water. You can try cucumber and fresh mint, strawberry and orange, watermelon and peach, frozen grapes and lemon and much more. With so many recipes available, it's impossible to get bored.

8

ENJOY BETTER DIGESTION
Does your belly hurt? Are you constantly bloated? Citrus infused water supports digestive function and can help settle your tummy. If you have digestive problems, drink water with ginger, lemon, papaya, oranges, or apples. These fruits help clean the body's systems and have a cooling effect on your stomach.

9

GET RID OF TOXINS
Due to its high antioxidant content, fruit infused water cleanses your body and helps eliminate toxins. This beverage will keep your body hydrated and remove waste from your system. As a result, you'll have a stronger immune system and enjoy better health.

10

SATISFY YOUR SWEET TOOTH
This flavorful drink will satisfy your sweet tooth without the extra calories and sugar. It's a great choice for dieters and fitness buffs looking to stay fit. Fruit infused water is naturally sweet and has only a few calories.

As you see, there are plenty of reasons to drink fruit infused water. This beverage is not only delicious, but healthy too. Start with basic recipes based on your favorite fruits. Try unique combinations and surprise your loved ones with this flavor-packed drink!