

Fruit *Infused* Water

Easy combinations for natural detoxification

Fat-burning, digestion & headaches



green tea

+



mint

+



lime

Blood sugar support & digestion



cucumber

+



strawberry

+



kiwi

Hydration, digestion & appetite control



cucumber

+



lemon

+



lime

Immune defense, digestion & appetite heartburn



lime

+



orange

+



lemon

For best results: combine each with
350 - 500ml water!



College of
Natural Beauty