

SIP[•] and SHINE

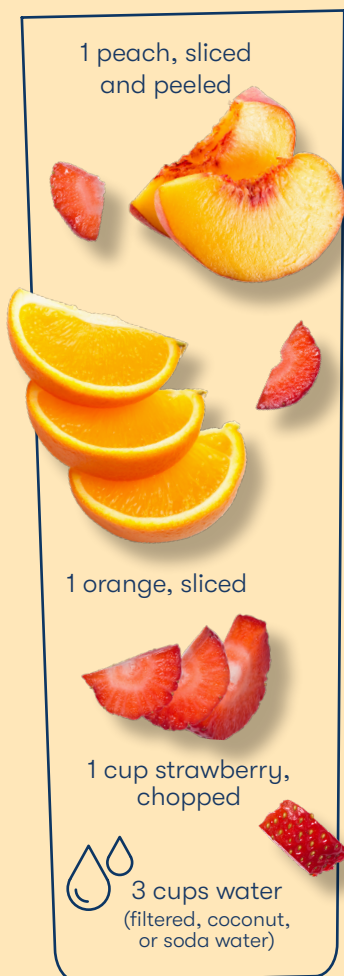
HYDRATION
CHALLENGE

INFUSED WATER RECIPES

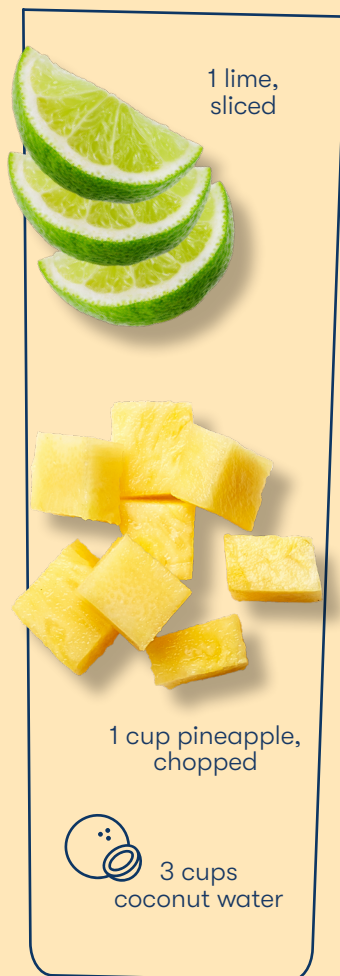


Fruit-infused waters

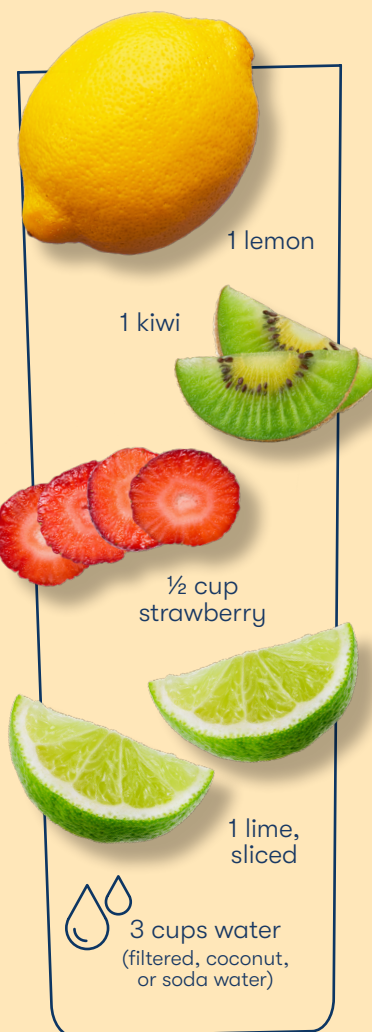
PEACHY Paradise



COCONUT LIME Refresher



TUTTI Frutti



RISE & Shine



DIRECTIONS:

Combine all ingredients in a large jar or bottle. Refrigerate for a few hours or overnight.

GRAPEMARY Goddess



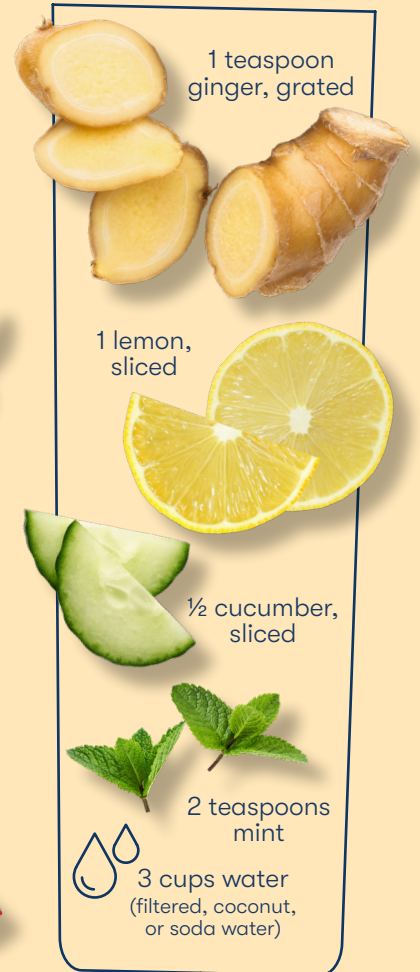
SPICED Orange



STRAWBERRY Surprise



DIGEST & Zen



DIRECTIONS:

Combine all ingredients in a large jar or bottle. Refrigerate for a few hours or overnight.



Water Wellness



Lemon Vitality™ Invigorating citrus flavor

- May support the immune system
- Contains internal cleansing properties
- Contains antioxidant properties*

Peppermint Vitality™ Refreshing minty flavor

- Supports gastrointestinal system comfort*
- Enhances healthy gut function*
- Helps support and maintain healthy digestion*
- May support performance during exercise*



Lime Vitality™ Zesty, fresh flavor

- Contains antioxidant properties*
- Supports general wellness*
- Can be used with Slique® products for weight management when combined with a healthy diet and exercise*

Orange Vitality™ Zesty citrus taste

- Can replace orange juice and orange zest in recipes
- Supports overall wellness*



Cinnamon Bark Vitality™ Warm, spicy flavor

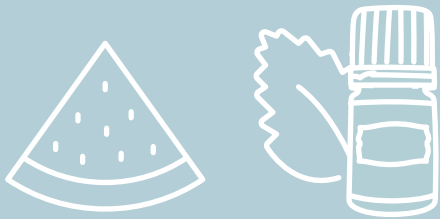
- May support a healthy immune system*
- Supports overall wellness*
- Contains antioxidant properties*



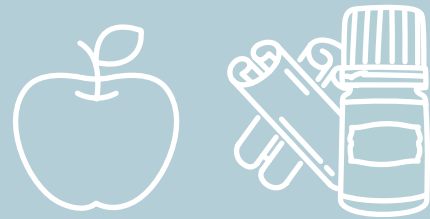
Grapefruit Vitality™ Delicious tarte taste

- Contains antioxidants*
- Offers cleansing properties*

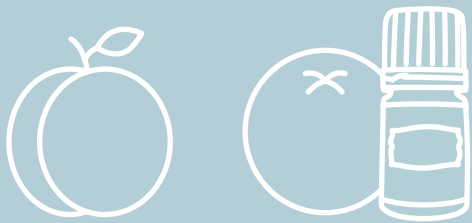
Vitality™ water combos



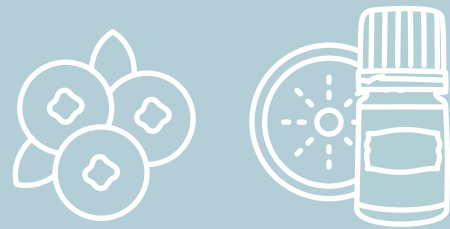
Watermelon + Spearmint Vitality
= **Watermelon Spritzer**



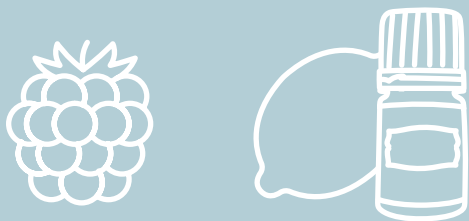
Apple + Cinnamon Vitality
= **Spiced Apple**



Peach + Orange Vitality
= **Peach Cobbler**



Blueberry + Lime Vitality
= **Blueberry Limesicle**



Raspberry + Lemon Vitality
= **Raspberry Lemonade**

Start with 1 drop
of Vitality essential
oil and add
more to taste.

Use a glass or
stainless-steel cup.