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.
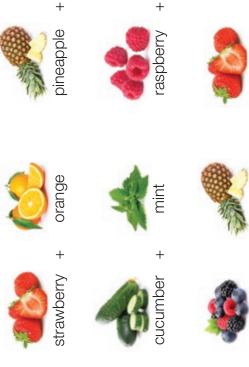
Infused Water Recipes

strawberry + orange

pineapple + mint

raspberry + lime

strawberry + mint

cucumber + mint

mixed berry + pineapple