

## Cellular Dehydration Symptoms



- Dry Skin, Mouth, Lips
- Weakness Low Energy
- Brain Fog
- Dizziness / Heatstroke
- Weak Immune System

## Empty Water = Cellular Dehydration

Empty water contains less than 100 TDS (Total Dissolved Solids) Did you know your body has over 33 trillion cells and each cell contains 70% water. Distilled water, RO water, designer water, and bottled processed water with less than 100 TDS (Total Dissolved Solids) per liter can not hydrate your cells properly.

## Lithia Spring Water = Cellular Hydration

### Micro-Nutrient Rich Superior Cellular Hydration Water

Lithia Spring Water contains 2,500 TDS (Total Dissolved Solids) per liter. That's up to 25X more micro-nutrients than Empty Water! Lithia Spring Water may help Boost Immune System, Hydrate Body's Intra-Cellular Fluids, Increase Bio-Energy, and help balance your body's Alkaline pH Buffer System.

**Ionic Minerals + Elements + Electrolytes and Lithium.**

# ENERGIZE BODY & MIND

## INTRA-CELLULAR HYDRATION

Your body has over 30 trillion cells. Each of your trillions of cells requires hydration to support your life. When cells are dehydrated it can cause serious health problems. You are about 70% water and most of your body's water is held within your cells. Water contained within your cells is called *Intracellular fluid* and contains protein, macromolecules, and electrolytes that fuel cellular bio-energy, health, and life.



Every cell in your body emits and receives bio-electric energy through *intracellular fluid conductivity frequencies*. Cellular bio-electric energy increases or decreases depending on Intracellular fluid hydration and electrolyte conductivity. This balance influences health, blood chemistry, muscle action, thought processing, and other biological processes including, strengthening your immune system to fight disease.

Sodium, calcium, potassium, magnesium, phosphate, silica, and lithium are micro-nutrient electrolytes that are vitally important for *cellular hydration* and physical and mental Health. These are naturally found in Lithia Spring Water.

## ENERGETIC ELEMENTAL LIVING WATER

Lithia Spring Water is a high conductivity Alkaline Mineral Spring Water that is naturally fortified with 2,500 TDS/L of Electrolytes! Drinking this energetic elemental living water hydrates intracellular fluid, amplifying cellular conductivity while increasing bio-electrical cellular energy levels and cellular health.

Nature's Healthiest Water™