

Hydration is vital for energy, focus, and emotional health. Dehydration can cause stress-like symptoms, so drinking water is key for well-being.

## Water Test

It's vital to review your local Consumer Confidence Report (CCR) to understand the safety of your water supply. Knowledge about the quality of your drinking water helps ensure your health and safety.

## Contaminants

Utilize the Environmental Working Group's (EWG) tap water database to identify and learn about specific contaminants that may affect your drinking water. Awareness is the first step to safer choices.

## Select Filters

Select water filters that are certified by reputable organizations like NSF International or the Water Quality Association to ensure they effectively remove harmful substances from your water supply.



# Drink More Water

## Safe Containers

Consider using glass, stainless steel, or copper water containers, which do not leach harmful chemicals. If you must use plastic, opt for BPA-free options identified with recycling codes 2, 4, or 5.

## Stay Clean

Regularly clean your water containers and avoid reusing single-use plastic bottles to minimize the risk of contamination and ensure the water you drink is safe and fresh.

## Minerals

Be mindful of the mineral content in your water, as certain filtration methods can remove beneficial minerals. You might want to remineralize your water to maintain a balanced intake of essential nutrients.

## Whole Filters

Installing a whole-house filter ensures that all your water sources are safeguarded from contaminants, providing peace of mind and improved water quality throughout your home.