



# WATER

*Essential for Life*

- Composes 75% of your brain.
- Regulates your body temperature.
- Makes up 83% of your blood.
- Removes waste.
- Helps carry nutrients and oxygen to your cells.
- Moistens oxygen for breathing.
- Composes 22% of your bones.
- Helps convert food to energy.
- Cushions your joints.
- Makes up 75% of your muscles.
- Protects and cushions your vital organs.
- Helps your body absorb nutrients.