

A glass carafe filled with water, orange slices, and blueberries, sitting on a dining table with various dishes and glasses.

KOR

Ultimate Water Infusion Guide

HOW TO USE KOR'S ULTIMATE WATER INFUSION GUIDE

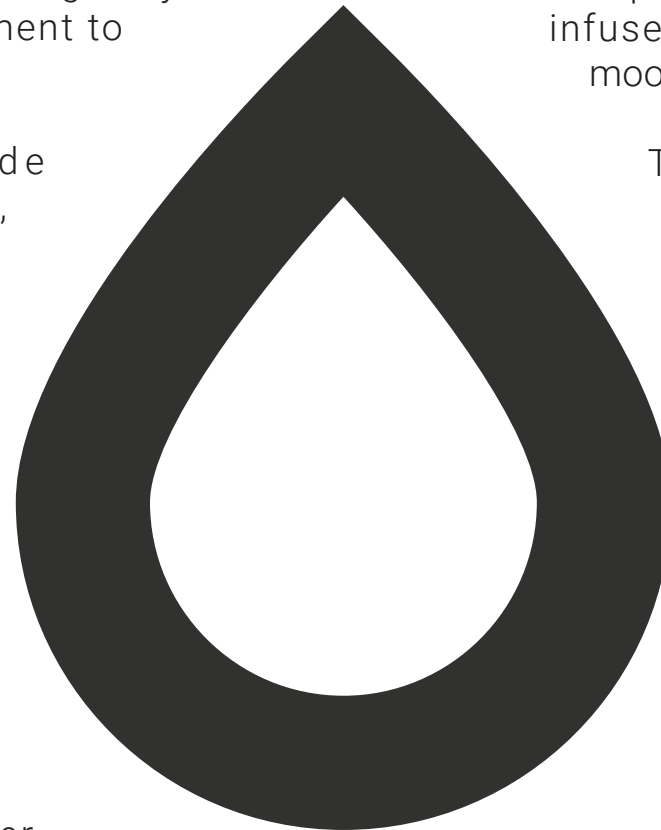
We all know we should be drinking more water, right? Then why don't we? Our bodies are 60%-70% water, and proper hydration can arguably deliver the single largest improvement to our health and wellness.

Some of these benefits include improved mood, beautiful skin, flushing toxins, boosting metabolism, appetite control, reduced muscle fatigue, greater energy, better digestion, weightloss... and the list goes on.

Drinking plain water can be boring, so consider drinking infused water instead. Also called "detox water", fruit infused water is any combination of fruits, vegetables and herbs that is immersed in cold water. Unlike plain old water, infused water is packed with nutrients, antioxidants and a subtle flavor that will keep you coming

back for another sip on your way to better health.

In the pages that follow, you'll find out what infused water can do for your health, your mood and better still, your weight loss goals.



The KOR Ultimate Water Infusion Guide will help you kickstart living a more hydrated life and provide some fun and creative ways to make your water more interesting. It's perfect for people wanting to drop their soda habit or people looking for inspiration to live a better, more health-conscious life. We all know we should be drinking more water, so why not have a little fun with it?

Have questions about hydration? We're here to help you get started! Contact us at hello@korwater.com



APPLE

Contains phytonutrients that help regulate blood sugar and increase beneficial bacteria in the large intestines.



GINGER

Natural anti-inflammatory properties that help with bloating, nausea and constipation.



BLACKBERRY

Contains high levels of antioxidants helping to protect and strengthen the cardiovascular system and reduce inflammation. Antioxidants even help boost oral health.



GRAPEFRUIT

Contains pectin and lycopene, that help lower cholesterol and control insulin levels. It's also packed with immunity-boosting Vitamin C.



BLUEBERRY

The blue skin contains proanthocyanins that promotes anti-inflammation, and helps protect against heart disease, cancer and urinary health.



LEMON

Contains high levels of immunity-boosting Vitamin C that helps stimulate white blood cell production and also promotes collagen production, which is key for joint health and anti-aging.



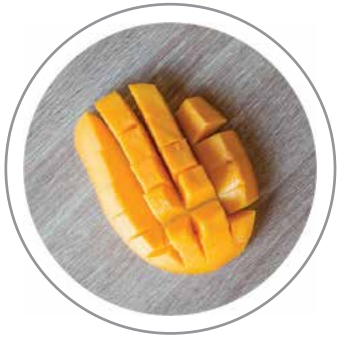
CUCUMBER

Contains multiple forms of B vitamins that help ease stress and boosts energy. The skin contains insoluble fiber promoting digestive health and curbing hunger.



LIME

Stimulates proper digestive health and reduces bloating.



MANGO

Packed with Vitamin A that promotes eye health, contains enzymes that help break down proteins in the digestive tract and has naturally occurring tartaric acid and malic acid that help alkalize the body.



STRAWBERRY

High in potassium and Vitamin C, boosting blood sugar regulation, lowering blood pressure and is low on the glycemic index.



ORANGE

Packed with Vitamin C and potassium which promotes the cardiovascular system.



WATERMELON

Rich in lycopene, a powerful antioxidant that helps repair the body from damage.



PINEAPPLE

Contains the power enzyme, Bromelain, that minimizes inflammation as well as promotes the cardiovascular system.



RASPBERRY

Rich in vitamins, antioxidants and fiber. Raspberries also contain a high concentration of ellagic acid, a phenolic compound, that has been shown to slow cancer cell growth.



BASIL

High in Vitamin K and Magnesium that promotes strong bones, prevents heart disease and also helps fight bacterial infections.



ROSEMARY

A soothing aroma that can improve mood, boost relaxation and works as an anti-bacterial agent in the intestinal tract.



CILANTRO

High in Vitamin A and Vitamin K and is a powerful cleansing agent for toxic metals by supporting the body's natural detoxification processes.



THYME

Regulates blood pressure and contains carvacrol, a naturally occurring phenol that helps boost your mood by increasing serotonin and dopamine levels in the brain.



CINNAMON

Helps regulate blood sugar and insulin. Ceylon cinnamon, the more bio-available source of cinnamon, can help regulate cholesterol and promotes cardiovascular health.



MINT

Promotes digestion and soothes stomach pain. The strong aroma can also help with decongestion, reduce nausea and reduce headaches.



Orange, Blueberry & Basil

Ratio: 2 slices Orange, 10-15 blueberries, 6 basil leaves

Benefits: Flushes toxins from the body

Tips: Tear the basil leaves in half and slightly squeeze the blueberries to puncture the skin to release its flavor



Raspberry & Mint

Ratio: 5-7 raspberries, 1-2 stems mint

Benefits: Good for digestion

Tips: Keep mint on stem for subtle mint flavor and prevent eating of the mint.

Chill 4 hours or more.



Pineapple, Orange & Ginger

Ratio: 6 chunks pineapple, 4 slices orange, 1 slice ginger

Benefits: Helps to clear nasal congestion

Tips: Refrigerate overnight for a stronger flavor