

Sip your way to better health and wellbeing

Never before have your food choices been so important for your health and wellbeing

Find out why at BxANT, we think hydration is key to your health...



Do you think to drink regularly...

Did you know that the human body is made up of 45 - 65 % water? Good hydration is as important as good nutrition to keep your body functioning optimally, so think to drink.



How much water should you be drinking daily?



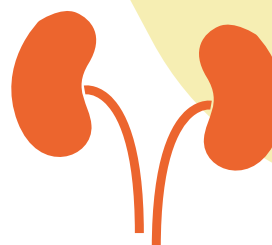
A general recommendation is to aim for at least 8 glasses of water daily. You may need more depending on your body size and composition. Overweight people typically have a lower body water content, and require a higher daily intake to support function and weight loss.

Why is good hydration important?



Water is critical for every cell and organ in your body. It helps flush your body clean of toxins and is the delivery system for vitamins and minerals, helping to dissolve water-soluble vitamins such as vitamins C and B, and transport them where needed. Water also nurtures our bones, lubricates our joints and acts as a shock absorber for the brain in case of injury.

Sip little and often to avoid flooding your kidneys



Sip your water little and often rather than guzzling, as too much at once can overwhelm your kidneys. Just like a tsunami wave!