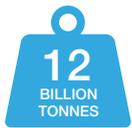


Each one of us can make a difference,
together we can make change
did you know...

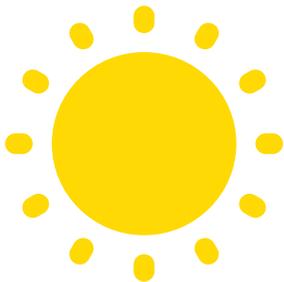
8.3 BILLION TONNES OF PLASTICS

have been produced in the last 65 years. Half of this material was made in just the past 13 years



Current trends point to **12 BILLION TONNES OF waste by 2050**

Most plastic bottled waters are made from polyethylene terephthalate (PET) which can leach harmful plastic chemicals into the water, especially when exposed to direct sunlight

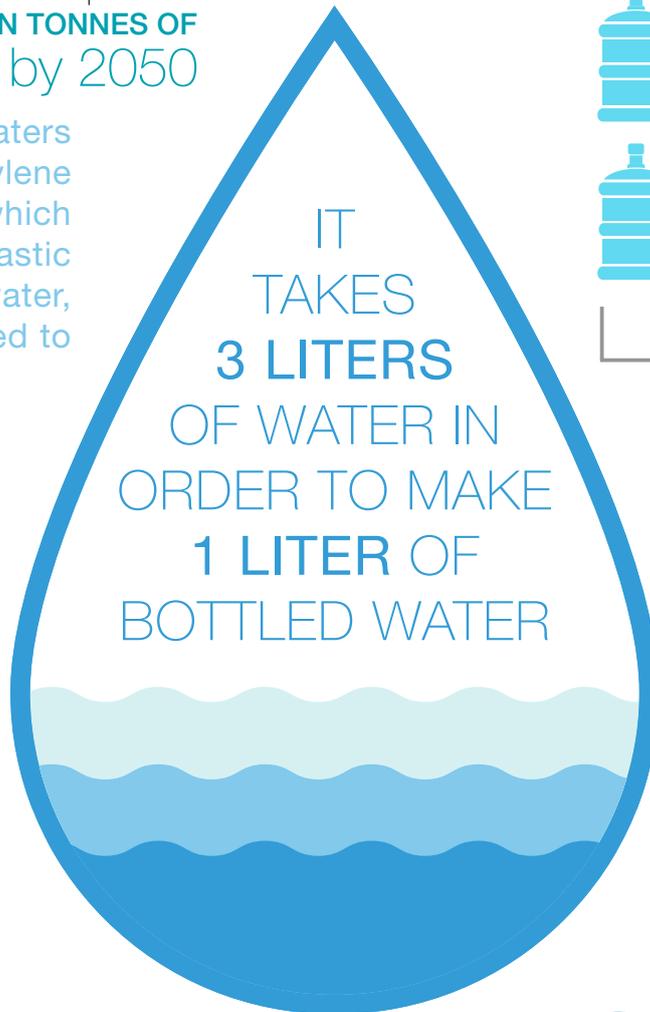


PET

EVERY PIECE OF PLASTIC EVER CREATED STILL EXISTS TODAY!

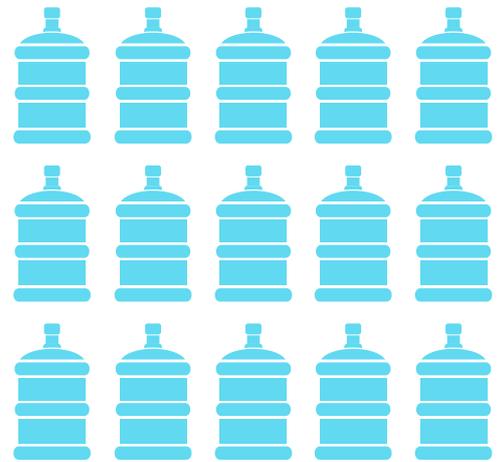
EACH PLASTIC BOTTLE CAN TAKE MORE THAN 700 YEARS TO DECOMPOSE AND LEACH TOXINS INTO THE WATER TABLE

Of the discarded plastic, roughly **9% HAS BEEN RECYCLED** Some 12% has been incinerated, but **79% HAS GONE TO LANDFILL**



IT TAKES **3 LITERS** OF WATER IN ORDER TO MAKE **1 LITER** OF BOTTLED WATER

THE AVERAGE CONSUMPTION OF BOTTLED WATER PER YEAR IS APPROX. 450 LITERS PER CAPITA



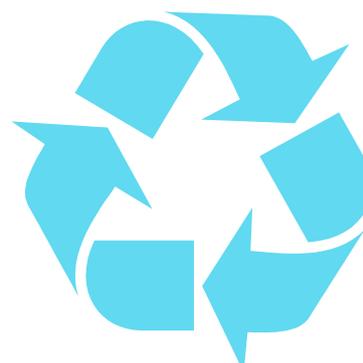
THIS IS THE EQUIVALENT OF 24 FIVE GALLON BOTTLES THAT HAVE A CARBON FOOTPRINT OF 48 KILOGRAMS



Globally less than

10%

OF PLASTIC BOTTLES ARE ACTUALLY RECYCLED

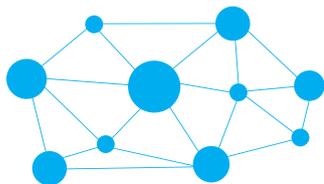




ELIMINATE PLASTIC BOTTLED WATER BY INSTALLING A FILTER. HAVING ACCESS TO QUALITY FILTERED WATER IS FAST BECOMING A POPULAR REPLACEMENT TO PLASTIC BOTTLED WATER CONSUMPTION.



FILTERS WORK BY REMOVING ANY CONTAMINANTS THAT MIGHT BE PRESENT IN THE WATER SUCH AS SEDIMENT PARTICLES, TRIHALOMETHANES (THM'S) AND ALSO FOCUSES ON REMOVING ANY METALS, BACTERIA, CHEMICAL RESIDUES AND OTHER VOLATILE ORGANIC COMPOUNDS.



BOTTLED WATER CAN BE COSTLY BOTH TO OUR POCKETS AND TO THE ENVIRONMENT.

AVERAGE HOUSEHOLD (4 PEOPLE)



3 FIVE GALLON BOTTLES (PER WEEK)

AED

8 AED PER BOTTLE (1,248 AED PER YEAR)

950 AED (plus VAT)
Cost of filter & installation

600 AED (plus VAT)
Cost of replacement filter after 12 months

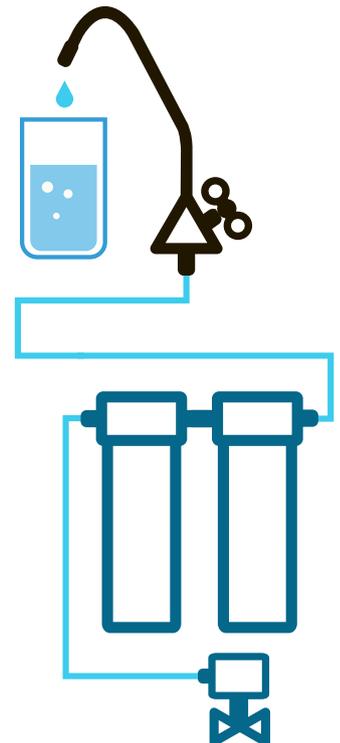
You save in the first year and can enjoy a 50% saving from year 2 onwards.



FURTHERMORE,

water filters can help to reduce the risk of certain cancers by removing chlorine and chlorine byproducts from the drinking water. A solid block carbon water filter will also selectively remove contaminants from drinking water while retaining healthy mineral deposits that balance the pH of the drinking water.

UNDER-THE-SINK FILTERS ARE NORMALLY FAVORED BY HOME USERS, WHERE THE FILTERS ARE MOUNTED UNDER THE SINK AND CONNECTED DIRECTLY TO THE EXISTING TAP – GIVING YOU ACCESS TO **FRESH FILTERED WATER** THAT IS IDEAL FOR **DRINKING, COOKING WITH, WASHING** FRUIT AND VEGETABLES AND HELPS TO MAKE THE **BEST TASTING TEA AND COFFEE!**



MINERAL CONTENT OF THE FILTERED WATER:

ph level	7.8
Calcium	14mg/l
Potassium	2mg/l
Magnesium	4mg/l
Fluoride	<0.02mg/l



Call us on 04 360 7064 / 055 235 3518 to learn more and book and installation

5 STEPS

TOWARDS OWNING YOUR OWN FILTRATION SYSTEM and getting #offthebottle



1. PICK AN INSTALLATION DAY

Our team will contact you to schedule a time convenient for you to come and install the filters.



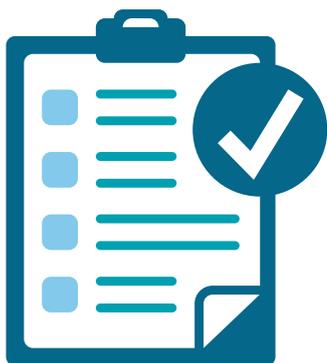
2. INSTALLATION DAY

Our technician will come and install your filters that should take around 30 minutes. In the unlikely event we are unable to install the filters, there will be no cost due from you.



3. ENJOY

Our filters last 12 months giving you access to filtered drinking water throughout the year. Let us have your feedback - we value your thoughts and comments.



4. REPLACEMENT FILTERS

We keep a record of all installations and will contact you to let you know when the filters are due to be changed and will schedule a technician visit to come and replace the filters for you.



5. TECHNICIAN VISITS

If you have any issues throughout the year, then please give us a call and we can arrange a technician visit to remedy any issues.

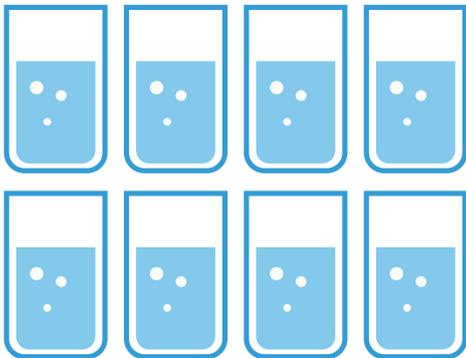
HOW MUCH

IS THE RIGHT AMOUNT OF WATER TO DRINK?

MILD DEHYDRATION CAN HAVE NEGATIVE EFFECTS ON BOTH PHYSICAL AND MENTAL PERFORMANCE SO IT IS IMPORTANT TO REMAIN HYDRATED.

IT'S AMAZING HOW MANY AILMENTS LIKE FATIGUE, DIZZINESS, HEADACHES AND REDUCED METABOLISM CAN BE ATTRIBUTED TO DEHYDRATION.

We have all probably heard that we should be drinking about 8 glasses containing 8 ounces of water a day or 3 liters of water for a male adult and 2 liters of water for a female adult. Again, opinions on how much water we should be drinking varies but what is clear is that we expel water through breathing, perspiration, urination and bowel movements and it is important that we replenish these lost fluids.

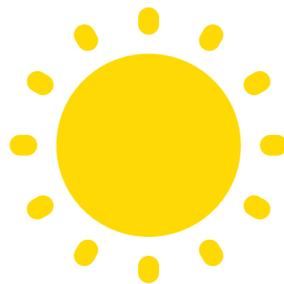


Whilst the 8x8 rule is easy to remember it may not be fitting for everyone. The first step to knowing how much water to drink is to know your body weight. The amount of water a person should drink varies on their body weight and a number of other factors such as the environment and the amount of physical activity someone engages in.



The general rule of thumb to remain hydrated at a healthy level is to drink around
**HALF AN OUNCE
OF WATER FOR
EACH POUND
YOU WEIGH**

every day. If you weigh 150lbs, you would need to drink around 75 ounces (2.2 liters per day), more if you were also doing some physical exercise.



**WHEN THE WEATHER
GETS HOTTER YOUR
BODY LOSES MORE
WATER SO IT IS
IMPORTANT TO DRINK
ADDITIONAL WATER EACH
DAY TO COMPENSATE
FOR THIS LOSS.**

HERE ARE SOME
OF OUR TOP 3
TIPS FOR STAYING
HAPPY, HEALTHY
AND HYDRATED



Throughout the day have water constantly available; keep a re-usable water bottle on your desk so you can top up your bottle throughout the day and carry the bottle of water with you when you are on the go.



Don't forget to eat plenty of fruit and vegetables as these have high water content and will contribute to your daily water intake.



Instead of tea or coffee, drink pure water or make sure you also have a glass of water with your tea or coffee. The caffeine in tea and coffee acts as diuretics and cause the body to lose water.

Liquid of Life™