

## **Health Advice # 11**

## **ENERGY DRINKS**



Liquid Calories Lead to Eating. More Glasses of Sports drinks may go down quicker and easier than bowls of fruit, but if you drink a lot of them, beware. Your body is less likely to register the calories they contain, and you may end up overindulging. That's the conclusion of researchers Richard Mattes and Wayne Campbell, professors of food and nutrition at Purdue University in Indiana, in a recent paper published in the International Journal of Obesity.

H<sup>3</sup>O® Fitness Drink is the next generation of hydration providing rapid hydration, sustained energy plus antioxidant protection so you feel refreshed and energized all day long!

Benefits:

Quenches thirst and replaces lost fluids. Essential electrolytes support cellular re-hydration.

Energizing carbs for immediate and sustained energy. Powerful antioxidants protect your body from fatigue and soreness.

**No caffeine** and a healthier alternative to high-calorie/high-sugar beverages. Safe for KIDS and ELDERLY PEOPLE.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)**

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