



Infusion H2O Introduces Fruit Infuser Water Bottles

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Infusion H2O has announced the introduction of a new product designed to get more people to drink more water and get more antioxidants at the same time. Company spokeswoman MaryAnne Graham explained that their new water bottles, known as the Fruit Infuser Water Bottles, will provide an alternative to drinking flat, plain, and boring water. The water bottle has been specifically created to not only get more people to drink more water but also to help people get vital nutrients in their daily diet. It has an infuser basket where sliced fruits, vegetables and herbs can be placed.

Graham explained that there are many advantages to adding fresh fruits, vegetables, and herbs to drinking water. One major benefit is that it is an easy way to detox the body and rid it of many of the impurities that can slow it down and deplete it of its vital energy. Therefore, those who are getting enough water and antioxidants will experience a significant energy boost as a result.

She pointed out that not only are fruits and vegetables naturally loaded with healthy antioxidants, they also contain lots of vitamins and minerals. Those who consume them on a regular basis say it helps to reduce their LDL (bad cholesterol) and raise HDL (good cholesterol) levels. And the fruit infused drinks provide anti-inflammatory and anti-depressant properties, as well as help the digestive system to run more smoothly.

But what many people do not readily realize is that fruit infused water can also be a great weight loss secret. According to Audrey Johns of the Lose Weight by Eating blog,

"Studies have shown that drinking water naturally boosts your metabolism, and drinking fruit infused water for weight loss can be an easy way to increase your water intake."

Graham added that there's no right or wrong way to make infused water. It is simply a combination of fruits, vegetables, and a variety of herbs that have been immersed in cold water. It usually has 0 calories, which makes it one of the most powerful tools anyone can use when they're trying to shed some of those excess pounds.

Those who include infused water in their daily diet can look forward to an improved mood, a better digestive system, reduced muscle fatigue, and a higher energy level. For those who may be interested in learning how to make their own fruit infused water, the company's website provides videos and practical information to get started. Their new water bottle has been specifically designed to provide fruit infused water throughout the day.

Graham explained that the Infusion H2O water bottle, which is BPA free and made from high quality Eastman Tritan plastic, has a leak proof lid with a flip-top that can seal shut when not in use. It provides a convenient way for those who want to add a bit more water to their diet to get, and stay, hydrated throughout the day. Those interested in the new water bottle can buy now through Amazon.com. While buying fruit infused water is a simple method of getting hydrated, those who make their own will not only save money but can be assured that the water they are drinking does not have any unnecessary additives one might find in store bought drinks, including sodas.

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For more information about Infusion H2O, contact the company here: [Infusion H2O](#) MaryAnne Graham

Infusion H2O

Here at InfusionH2O we offer high quality, durable, BPA Free 32oz Fruit Infuser Water Bottles! Replace flat water with healthy-rich antioxidants.

Website: <http://www.infusionh2o.com/>



