



InfusionH2O® Dispels Myths About The Benefits Of Lemon Water

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InfusionH2O®, the infusion water bottle manufacturing company, has recently published an article on their website that provides information on the benefits of using lemon water as a source of hydration. The article, also quells several myths surrounding the regular use of lemon infused water and assures its customers that using lemons with its water bottle can support a healthy lifestyle. "Adding lemon to your water daily helps you feel great and look great, too!"

One of the highlighting aspects of the article points to the fact that using lemons has a predominately alkaline effect on the body. An article published by ABC News this year has also confirmed the effect by saying, "The combination is said to help promote digestion, alkalize the body and boost your immunity." Since the pH level of the body is moderately alkaline, ingesting alkaline foods help promote the metabolism. The Independent, a British newspaper, reported this fact as, "Not only do you ingest more important minerals and nutrients such as potassium, you also help keep calcium in your bones instead of breaking it down."

The authors of international bestselling health cookbooks, Jasmine and Melissa Hemsley are also known to be strong supporters of using lemon infused water as a refreshing beverage. "After a night's sleep, your body is dehydrated and ready to flush out toxins," they said about lemon water. "This cleansing, vitamin-rich drink is the perfect tool to hydrate your body and expel these toxins." The article published by InfusionH2O® provides details about these nutrients and how users can benefit from them.

The InfusionH2O® fruit infused water bottle provides an internal compartment where a user can store slices of lemons before filling the bottle with water. This allows the lemon juice to infuse with the water while keeping the lemon slices from clogging the mouth piece. The company has prepared an instructional guide to explain how the fruit infuser works (video).

While it is only available on Amazon, the company has collected a fan base that runs into the thousands. The design of the bottle has received praise by their customers: "The plastic bottle is sturdy, the apparatus for infusing is straightforward and well-made, and the snap-top bottle lid with an elevated drinking spout allows you to quickly and easily drink from the canister."

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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/>



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