# HEALTHY HYDRATION







#### OUR BODY HAS 100 TRILLION CELLS, EACH CELL CONTAINS WATER













### WATER MOVEMENT IN THE BODY DOESN'T STOP FOR A SECOND

LYMPH, BLOOD, SALIVA, GASTRIC JUICES, URINE, SWEAT, TEARS – ALL THESE FLUIDS ARE MAINLY

MADE UP OF WATER.





### HUMAN BODY— WATER AND CHEMICAL ELEMENTS SYMBIOSIS

The human body is made up of  $\frac{2}{3}$  water and 4% of body weight comes from chemical elements:

K, Ca, P, Na, Mg, Mn, Zn, Cu, I, S, Fe, Si, Ag, B, Cl, O, H, C, N, Au, Cr etc.

Each element is necessary for proper body organ and system function.

### WATER IS THE SOURCE OF LIFE



#### TRANSPORTS NUTRIENTS

delivers nutritional elements such as minerals, trace elements and vitamins to the cells

#### REGULATES BODY TEMPERATURE

regulates the internal temperature of the body in response to external temperatures



#### **HELPS TO REMOVE WASTE**

water is used to flush waste and toxins from the body



#### **REGULATES BLOOD VISCOSITY**

Regulates blood viscosity, boosts heart health



#### HELPS MAINTAIN HEALTHY WEIGHT water helps boost your metabolism, and cleanse your body of waste



#### **PROTECTS TISSUES AND JOINTS**

participates in the formation of synovial fluid, which is a joint lubricant

### WATER DEFICIENCY/DEHYDRATION CAUSES:



headache, lightheadedness, delirium, confusion



lowering of blood pressure



flushed (red) skin; brittle nails; brittle hair shafts (follicle) and split ends



joint discomfort (water lubricates our joints)



increased heart rate



Decreased urine output; dark colored urine



if tissues of the body dry out, cells may shrivel and malfunction

#### WHICH WATER SHOULD WE DRINK?

PURE DRINKING WATER

tea, coffee, alcohol, artificial drinks dehydrate the body PHYSIOLOGICALLY COMPLETE

water should be balanced in terms of mineral and acid-base composition **MINERAL COMPOSITION** 

K, Ca, P, Na, Mg, Mn, Zn, Cu, I, S, Fe, Si, Cr

FOR THE REGULAR WORK OF THE BODY YOU NEED ~1,5-2 L OF WATER DAILY (30-40 ml/kg of body weight)

### WATER CONTAINS THESE AND OTHER MAIN MINERALS.

The \*DRI is the amount recommended to get in your diet daily

### **Ca** 1300 mg\*

bones, joints, muscles, heart Mg 420 mg\* nerves, muscles, brain, bones, heart K 4700 mg\*

heart, muscles, nerves, bones

Si <sub>30 mg</sub> muscles, nerves, kidneys

**P** 1250 mg\*

bones, gastrointestinal tract, muscles, brain

\*\*FDA Department of Health and Human Services, Reference Daily Intake (RDI) and DV, Daily Value (food label). (online: <u>https://ods.od.nih.gov/factsheets/list-all/</u> locate vitamin/minerals on list for more info) compared to: \*IOM, NAS, FNB (Institute of Medicine, Nat'l Academy of Sciences, Food & Nutrition Board) -Dietary Reference Intakes (DRI)(Previously RDAs). Al=Adequate Intake. <u>https://ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx</u>

\*In this sample, the IOM, NAS, FNB RDIs were used. Both the FDA and IOM have similar ranges for vitamins/minerals based on about 98% of healthy individuals in the population

#### WATER BALANCE IN THE BODY

### K+ and Na+ (electrolytes)

regulate the balance of water in the body



water

#### excess

swelling Increased blood pressure

### water deficiency

dehydration weakness dyspnea headache

### K+, Na+ (Potassium, Sodium)

**CELL METABOLISM** 

Na+ removes metabolic products dissolved in water from the cell.

K+ passes nutrients and water into the cell.

Na Cell Intercellular liquid

### K (POTASSIUM)

#### POTASSIUM IS A MAJOR ELECTROLYTE IN THE BODY

- helps to regulate body fluid
- transports nutrients to the cell
- helps to eliminate toxins from the cell
- restores body energy levels

#### **BUT**:

- potassium is rapidly excreted during stress
- Nowadays, most people do not get enough potassium from food

### Na (SODIUM)

#### SODIUM IS A MAJOR ELECTROLYTE IN THE BODY

- helps to regulate body fluid
- participates along with potassium in the transmission of nerve impulses

#### **BUT:**

- in excess, retains water in the body and provokes swelling
- sodium is abundant in modern diets (food additives, salt, preservatives)

#### OXIDATION PROCESSES -CELL DESTRUCTION



#### **RESTORATION PROCESSES -**CELL PROTECTION



### ALL YOU NEED TO STAY HYDRATED

CORAL CLUB DEVELOPED THIS SET FOR IMPROVED HYDRATION

**THREE PRODUCTS— TRIPLE ACTION:** 

**Enrichment with beneficial minerals** 

**Antioxidant support** 

**Regulation of water-salt and pH balance** 



#### **CORAL-MINE — ENRICHMENT** WITH BENEFICIAL MINERALS

- Coral-Mine is a natural product from Japan made of deep-sea coral (scleractinias) collected in the Sea of Japan, near the islands of Okinawa and Tokunoshima
- regulates pH balance
- regulates mineral balance
- normalizes vital body system activity
- Improves water taste



### PENTOKAN — EFFECTIVE REGULATION OF WATER-SALT BALANCE AND INTRACELLULAR METABOLISM

- Is a source of important electrolyte potassium in active form. The high potassium activity is determined by its unique combination with vitamin C and ribose in the product formula
- boosts energy levels
- normalizes acid-base balance



### H-500 — POWERFUL ANTIOXIDANT

- a powerful antioxidant based on the strong properties of hydrogen
- protects the body against free radicals for proper body function
- boosts energy and performance
- decreases ORP (Oxidation-Reduction Potential)



#### HydraMax HEALTHY HYDRATION



HIGH EFFICIENCY



HEALTHY METABOLISM



EARLY AGING PROTECTION



### **CORAL CLUB PACKS**



SYNERGY Enhanced component action



**CONVENIENCE** Simple and convenient



VALUE Great products at a great price









**MEMBER PRICE** 

**RETAIL PRICE** 

#### \$107,50 USD.

\$86 USD.





## coralclub