



**PRIMO**  
WATER™

Start Drinking More Water

# HYDRATION HINTS AND HOW-TO'S



# LET'S DO THIS **HYDRATION THING**

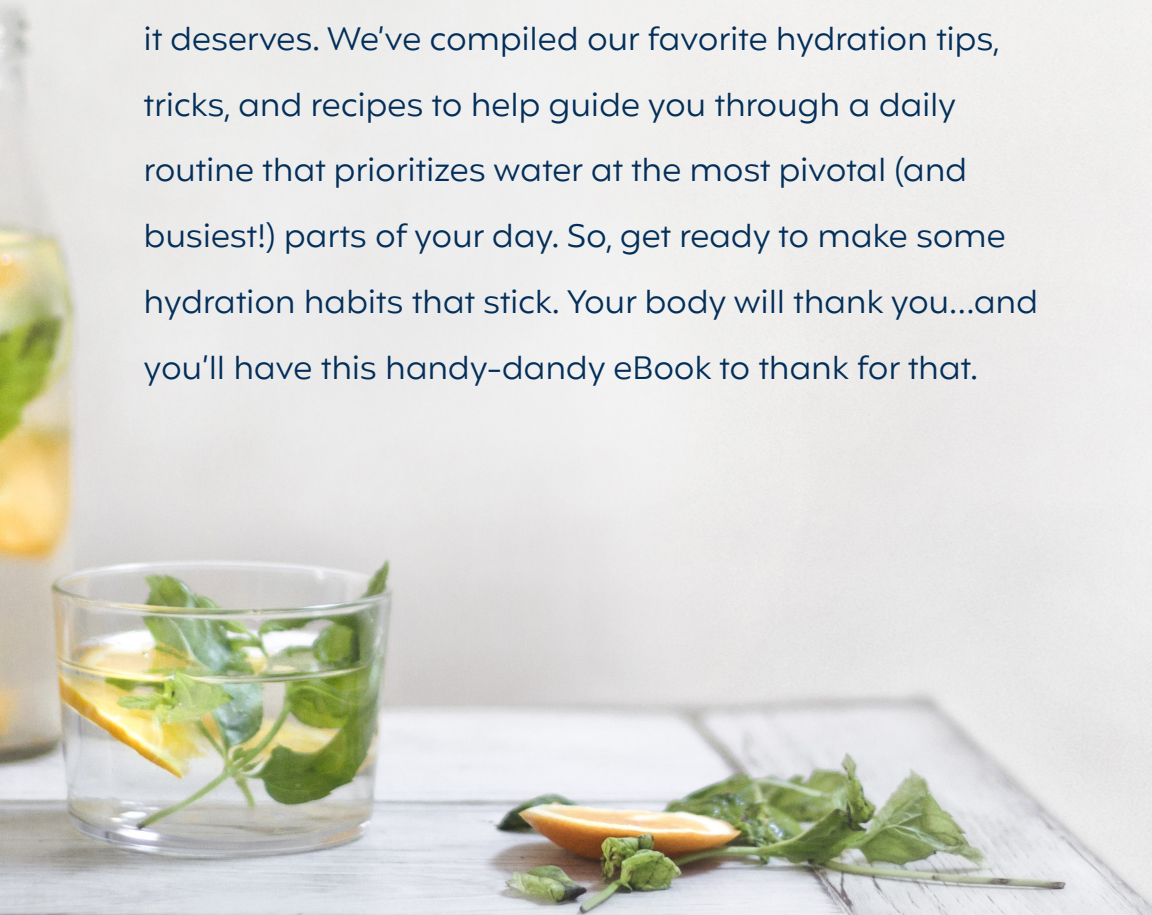




Did you know that 75% of Americans are chronically dehydrated?\*

That leaves us with a whole lot of humans feeling thirsty, sleepy, grumpy, achy, dizzy...the list goes on.\*\* It's a problem we're trying to solve, one bottle of Primo Water at a time.

The good news is, by downloading this eBook, you're one step closer to giving your body the healthy hydration it deserves. We've compiled our favorite hydration tips, tricks, and recipes to help guide you through a daily routine that prioritizes water at the most pivotal (and busiest!) parts of your day. So, get ready to make some hydration habits that stick. Your body will thank you...and you'll have this handy-dandy eBook to thank for that.



\*Ashton, Dr. Jen (2020, June 1). Good Morning America. Retrieved from <https://www.goodmorningamerica.com/wellness/video/75-americans-chronically-dehydrated-drinking-water-71169567>

\*\*Harvard T. H. Chan School of Public Health. (2021, July 6). Water. The Nutrition Source. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/water>

# FAQ





## HOW MUCH WATER SHOULD I DRINK?

**3.7 LITERS**  
**MEN**

**2.7 LITERS**  
**WOMEN**

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It's recommended that adults 19 years of age and older should drink nearly 3.7 liters of water for men and 2.7 liters of water for women.\* That contributes to your overall fluid intake per day, including foods that are water-dense such as fruits and veggies.

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But we want you to know that there's no "one-size-fits-all" formula to drinking water. All bodies are different, and with that, comes varying lifestyles. Age, weight, gender, activity, environment, illness, and pregnancy

are factors that determine how much water you should drink to stay properly hydrated. So, that recommendation is a great start, but keep in mind that it should be adjusted based on y-o-u!

## FAQ

A close-up photograph of a person's hands pouring clear water from a glass pitcher into a tall, clear glass. The person is wearing a blue and white plaid shirt. The background is slightly blurred, showing a wooden surface and a cork. The text "IS IT TRUE THAT I SHOULD ONLY DRINK WATER WHEN I'M THIRSTY?" is overlaid in white capital letters on the bottom half of the image.

IS IT TRUE THAT I SHOULD ONLY DRINK WATER WHEN I'M THIRSTY?

### YES AND NO.

Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. But oftentimes, feeling “thirsty” means you’re already dehydrated.\* That’s why starting a daily hydration routine is so important.



## DOES THE TEMPERATURE OF MY WATER MATTER?

Not really! There's little evidence overall to support drinking certain temperatures of water at certain times.



## WHAT ARE SYMPTOMS OF DEHYDRATION?

Almost 60% of an adult body is made of water. Naturally, if you're losing more water than gaining, you'll start to feel some undesirable side effects...some more serious than others.\*\* Common symptoms include:

- Headaches
- Joint/muscle pain
- Dark urine
- Constipation
- Extreme thirst
- Fatigue
- Dizziness

## WHY IS DEHYDRATION DANGEROUS?

If left untreated, dehydration can be chronic and lead to some pretty serious health conditions,\*\* such as:

- Urinary tract infections
- Kidney stones
- Kidney disease
- Low blood volume
- Heart problems
- Seizures
- Hypertension (high blood pressure)

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**60%**  
**OF AN ADULT BODY IS**  
**MADE OF WATER\*\***

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**PRIMO**  
WATER™

## HYDRATION: A DAY IN THE LIFE







Now that we have those important questions out of the way, it's time to talk about your day-to-day play-by-play when it comes to drinking water. You already know that hydration should be part of your daily schedule, no matter what. So, without further ado, here's what our ideal "day in the life" looks like for proper hydration.

A woman with long dark hair, wearing a white long-sleeved top, is sitting up in bed. She has her eyes closed and a smile, with her arms raised and hands clasped behind her head, stretching. The background shows a wooden headboard and a pink floral patterned pillow. The lighting is bright and natural, suggesting a morning setting.

**GOOD MORNING H<sub>2</sub>O**





7AM



Let's talk about your mornings. Upon waking: do you often feel groggy? Do you get headaches upon waking? Are your muscles and joints stiff? After going 6 to 8 hours (or however long you sleep) without consuming water, you're probably feeling the effects of dehydration.\* Luckily, the solution is simple. Start with water.

\*Cleveland Clinic. (2023, June 5). Dehydration. Retrieved from: <https://my.clevelandclinic.org/health/diseases/9013-dehydration>

# RESCHEDULE YOUR MORNING CUP O' JOE



**7AM**

Coffee and caffeinated teas are diuretics, causing you to pass urine quicker and become dehydrated.\* And since your body is already dehydrated upon rising, it's not a good idea to drink it right out of bed.

\*Zeratsky R.D, L.D., Katherine. (2023, January 12). Mayo Clinic.

Do caffeinated drinks, such as coffee or energy drinks, hydrate you as well as water? Retrieved from:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/caffeinated-drinks/faq-20057965>



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## **DRINK A GLASS OF WATER UPON RISING**

Consuming a glass of water first thing in the morning can help jumpstart your metabolism and your digestive system.\* This is great for preparing your body for a day's worth of eating.

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## **WATER HACK: LEMON JUICE**

Freshly squeezed lemon juice is a great addition to your A.M. glass of water. Not only does lemon promote liver function, aid digestion and reduce inflammation, but it also helps boost your immune system thanks to its Vitamin C content.\*\*



\*Boschmann, Michael. (2003, December). National Library of Medicine. Water-induced thermogenesis. Retrieved from: <https://pubmed.ncbi.nlm.nih.gov/14671205/>

\*\*West, H. (2019, January 7). 6 evidence-based health benefits of lemons. Nutrition. Retrieved from <https://www.healthline.com/nutrition/6-lemon-health-benefits>



**10AM**

# **BREAKFAST TIME**





They always say that breakfast is the **most important meal** of the day. Whether you're having a bowl of cereal or eggs and toast, make your meal count by including another glass of water!

# 10AM



## **DRINK IT DURING MEALS**

A glass of water during your meal actually aids in digestion. Liquids help break down foods, giving your body the best chance of absorbing the nutrients.\*





## **ADD SOME FRUITS AND VEGGIES**

If drinking water in the morning is difficult, you can eat your hydration instead. Spinach, tomatoes, oranges, apples, and grapefruits have over 80% water concentration that can contribute to your daily water intake.



10AM

# ANTIOXIDANTS VITAMIN C

PROPERTIES





## WATER HYDRATING TROPICAL SMOOTHIE

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More of a breakfast-on-the-go kind of person? A smoothie is a great way to get your nutrients (and hydration!) all in one fell swoop. This recipe in particular is high in Vitamin C and inflammation-fighting antioxidants, and it offers your morning dose of hydration, too.

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### INGREDIENTS

½ cup of each: frozen mango, frozen strawberries, frozen banana  
½ cup of ice  
¼ cup milk (or milk alternative)  
¼ cup purified water  
Splash of orange juice  
½ teaspoon honey (optional)

### DIRECTIONS

Combine all ingredients together in a blender. Blend on high until smooth. Enjoy on-the-go or at home! We don't judge.



# LUNCH BREAK





**12PM**



They call it a lunch "break" for a reason. This is a great time of the day to refuel and recharge your body after being awake for many hours. Whether you're working in an office or right at home, taking that break can mean better focus...and better hydration!



12PM

## THINK ABOUT **ELECTROLYTES**

The afternoon is a perfect time to consume electrolytes, as your body is woken up and firing on all cylinders. Adding electrolytes (awesome minerals, like sodium, that help keep your cells hydrated) to your water is the ideal way to make sure your body is absorbing the water as efficiently as possible.\* Because let's face it: some days, our body has a tough time staying properly hydrated—especially if the weather is hot, you're sweating more, or you're sick.

\*Mayo Foundation for Medical Education and Research. (2021, October 14). Dehydration. Mayo Clinic. Retrieved from <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>





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Avoid the sugary sodas and greasy grub. Consuming junk foods at lunch can spike your blood sugar, making you sluggish and tired.\*\* You have half a day left to go, so opt for a well-balanced meal and some water instead.

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## **WATER HACK: DIY ELECTROLYTE DRINK**

### **INGREDIENTS**

- Water (preferably Primo!)
- Half a lemon, juiced
- ¼ tsp Himalayan salt
- Raw honey (to your preferred sweetness)

### **DIRECTIONS**

Add all ingredients to a shaker or jar (any vessel with a lid will do). Shake until well combined and store in the fridge for a week. Add ice if it's hot or heat it up if it's cold. Voila!

(TIP: it may be easiest to melt the honey in a small amount of hot water before adding to the mixture)

\*\*Harvard T. H. Chan School of Public Health. (2016, July 25). Carbohydrates and blood sugar. The Nutrition Source. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/>

3PM

## YOUR **MID-DAY** SLUMP





No matter how much sleep you got the night before, sometimes it can be tough to push through the mid-day slump. You know the feeling: trouble focusing, nodding off, and maybe a little irritable. Fortunately, proper hydration is just the pick-me-up you need!









## **STOP HEADACHES IN THEIR TRACKS**

If your job includes staring at a computer screen all day, you might be familiar with the mid-day headache. But did you know this could be due to dehydration? It's actually the most common symptom. Studies have suggested that proper hydration can both prevent and ease painful headaches.\*

## **GIVE YOUR BRAIN A BOOST**

Did you know your brain function is dependent on your hydration? Considering it's made of 80% water, it makes sense. Studies have shown just mild dehydration can cause impaired energy levels, mood, concentration, and memory. So, fill up your glass next time you're feeling tired.\*

3PM

# ANTIOXIDANTS LOW CAFFEINE

PROPERTIES





## **WATER HACK: GREEN TEA**

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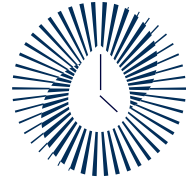
Green tea is arguably one of the healthiest drinks in the world. Thanks to its rich antioxidant content and low caffeine content, green tea can help keep you alert without jittery side effects associated with coffee or other energy drinks. In addition, green tea contains the amino acid L-theanine, which has been shown to increase dopamine and decrease anxiety. In turn, you can enjoy sizable improvements in brain function, energy, and productivity just by enjoying a glass of green tea, hot or cold.\*

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5PM

## HITTING THE GYM





# 60° F

## KEEP IT COOL

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There are not enough good things to say about proper hydration when it comes to workouts. It helps replenish the synovial fluid, like a cushion, between your bones and revitalizes the cartilage that protects joints, too. Proper hydration also helps reduce inflammation in joints for peak recovery and keeps your blood volume at its best, ensuring that nutrients are carried to joints where they're needed.\*

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Water absorption is key to staying properly hydrated. To give your body the best shot at absorbing it, drink the bulk of your water before exercise. That'll keep your muscles nice and hydrated. In specific, up to 20 ounces of water three

hours prior to a workout is ideal. It's also important to drink a glass about a half hour before exercise, during your activity, and then another glass no later than 30 minutes after you're finished.\*\*

\*Harvard T. H. Chan School of Public Health. (2021, July 6). Water. The Nutrition Source. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/water>

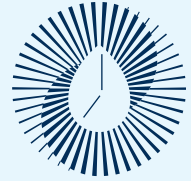
\*\*Mayo Foundation for Medical Education and Research. (2021, July 20). Mayo Clinic Minute: Drink to Thirst When Exercising. Mayo Clinic. Retrieved from <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-drink-to-thirst-when-exercising/>



7PM

DINNER TIME





There's nothing better than unwinding with your favorite meal. It's essential to drink water along with it to aid in digestion!\* But also, consider this: are you cooking with the right kind of water? "Hard" water has a high mineral content of 220 parts per billion (ppb) that can completely change the science behind cooking.

It can ruin gluten formation and yeast in baking, as well as affect your food's appearance and texture.\*\*

**Considering 85% of American households have hard water in their taps, it's an epidemic for at-home chefs.\*\***

\*Picco M.D., Michael F. (2022, May 25). Mayo Clinic. Does drinking water during or after a meal affect or disturb digestion? Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/digestion/faq-20058348#>

\*\*U.S. Geological Survey. (2018, June 11). Hardness of water. Retrieved from <https://www.usgs.gov/special-topics/water-science-school/science/hardness-water>

# 7PM

## **COOK WITH PURIFIED WATER**

The food you make absorbs the water you use, plain and simple. Not only can hard water affect the outcome of your meal, but those unwanted minerals will end up tagging along. Using Primo® purified water to cook ensures you're not consuming anything you didn't ask for!







## **EVENING HYDRATION WILL BENEFIT YOU**

A full day of work, stressors, and meals mean your body is ready to decompress. While you still have some time before bed, it's important to hydrate now rather than right before bed. That way, your body will have a chance to use that water to aid in digestion and to keep you hydrated throughout the night.\*



7PM

ANTIOXIDANTS  
POLYPHENOLS

PROPERTIES



## WATER HACK: UN“WINE”D WINE SPRITZER

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Did you know that red wine, in moderation, is considered heart healthy? Its antioxidants, called polyphenols, increase your good cholesterol (HDL) while also protecting your heart's blood vessels.\* This recipe lets you enjoy it in the form of a refreshing spritzer.

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### INGREDIENTS

- Bottle of red wine (dealer's choice)
- Club soda
- Water
- Mint leaves
- Raspberries

### DIRECTIONS

Muddle mint leaves and raspberries in the bottom of a glass. Fill halfway with ice, then pour wine until glass is half full. Top with club soda and water, depending on your fizzy preferences. Stir well and enjoy!



**10PM**

**GOODNIGHT**



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Ready to turn in for the night? It's important that you don't hydrate too close to bedtime. We appreciate the enthusiasm, but that could increase the need to urinate in the middle of the night, interrupting your sleep cycle! And let's just say, your body won't appreciate that.

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### **TIMING IS EVERYTHING**

You should ideally avoid drinking excess water two hours before you go to bed. That'll give your body enough time to pass it before sleeping, giving you the best chance at an uninterrupted six-to-eight hours.\*

### **RINSE AND REPEAT**

Remember that when you wake up, the cycle starts all over again. Since you went so many hours without hydration, it's time to wake up with a glass of water and start winning the day.



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