**Skin Quotes:**

1. Our Lemon Lime combination helps to hydrate and rejuvenate your skin. Another anti-aging benefit of limes; helps the body to produce collagen & Lemons are used as an acne treatment because of their ability to cleanse and tighten the skin and pores.
2. Our Kiwi Pineapple combination is a delicious and nutrient-rich fruit, but also a great natural ingredient for your skincare routine. Body Aqua contains Vitamin K2, which is overlooked and essential to keep skin elastin, prevent wrinkles and support optimal skin health.
3. Our Cucumber lemon with a hint of mint combination helps improve complexion and with age, your skin tends to become loose leading to fine lines and wrinkles. Cucumber will help you beat these signs of ageing by keeping your skin firm and tight; while the mint moisturizes oil free naturally glowing skin.

**Fitness Quotes:**

1. Our Strawberry Fitness combination is loaded with over 1000% of B-Vitamins, providing a natural energy boost, while creating oxygen-carrying protein, hemoglobin. This plays a major role in energy production and essential to your diet.
2. Our Mango-Pineapple combination understands the human body doesn’t have the capacity to generate vitamin C; also known as ascorbic acid. Therefore, we provide 200% in every bottle. An essential nutrient that keeps the body functioning efficiently!
3. Our Watermelon-Peach combination utilizes key minerals to activate the vitamins consumed. Riboflavin is used break down carbohydrates, proteins and fats to produce energy. Niacin is a key micro-nutrient that helps lower cholesterol levels and helps regulate blood sugar levels.