



ALL JOURNEYS START WITH A SINGLE STEP

WHOLISTIC HEALTH & HAPPINESS MORNING HYDRATION DRINK

SIMPLE. REFRESHING. REPLENISHING.

A simple daily hydration drink made with clean, real ingredients to hydrate, replenish minerals and support energy, focus and overall well-being.



HYDRATES & REPLENISHES



SUPPORTS ENERGY



SUPPORTS ELECTROLYTE BALANCE



NATURAL INGREDIENTS



SIMPLE & REFRESHING


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wholistichealthandhappiness.com

INGREDIENTS



16–20 OZ FILTERED OR PURIFIED WATER
The foundation of hydration. Helps support every cell, function and system in your body.



JUICE OF ½ FRESH LEMON OR 1–2 TBSP 100% LEMON JUICE
Adds refreshing flavor and provides a boost of vitamin C and antioxidants.



A SMALL PINCH OF MINERAL SALT
Supports electrolyte balance and helps the body retain hydration.
Pink Himalayan salt, Celtic sea salt, or Baja Gold sea salt (about 1/16 – 1/8 teaspoon)



2–4 OZ COCONUT WATER (OPTIONAL)
Adds potassium and natural electrolytes. Perfect after exercise, sauna or on hot days.



FRESH LIME JUICE (OPTIONAL)
Swap lemon for lime juice or use a mix of both for bright, refreshing flavor.

YIELD
Makes 1 serving (16–20 oz).



NUTRITION INFORMATION

Serving Size: 1 serving (16–20 oz)

Amount Per Serving		% Daily Value*	
Calories		15	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	120 mg		5%
Total Carbohydrate	4 g		1%
Dietary Fiber	0 g		0%
Total Sugars	2 g		
Includes 0 g Added Sugars			0%
Protein	0 g		
Vitamin C	18 mg	20%	Potassium 240 mg 5%
Calcium	20 mg	2%	Magnesium 10 mg 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may vary depending on your calorie needs.

INGREDIENTS: Filtered or purified water, lemon juice, mineral salt (Himalayan salt, Celtic sea salt or Baja Gold sea salt), coconut water (optional), lime juice (optional).



CLEAN INGREDIENTS



PLANT BASED



NO ADDED SUGARS



GLUTEN FREE



DAIRY FREE

HOW TO MAKE

- 1 ADD WATER**
Pour 16–20 oz of filtered or purified water into a large glass or jar.
- 2 ADD LEMON**
Add the juice of ½ fresh lemon (or 1–2 tbsp 100% lemon juice) and stir.
- 3 ADD SALT**
Add a small pinch of mineral salt (about 1/16 – 1/8 tsp) and stir until fully dissolved.
- 4 ADD OPTIONAL INGREDIENTS**
Add 2–4 oz coconut water and/or fresh lime juice if desired.
- 5 ENJOY**
Drink first thing in the morning or throughout the day to stay hydrated and refreshed.

**PAUL'S TIP**
Start your day hydrated. Small, consistent choices create big long-term results.

KEY BENEFITS

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HYDRATION & REPLENISHMENT
Replaces fluids and key minerals lost overnight and through daily activities.
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ELECTROLYTE BALANCE
Sodium, potassium and trace minerals help support fluid balance, energy and muscle function.
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DIGESTION & DETOX SUPPORT
Lemon and lime support digestion while helping the body's natural detox pathways.
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ANTIOXIDANT SUPPORT
Vitamin C and natural compounds help fight oxidative stress.
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SIMPLE DAILY HABIT
A refreshing habit that supports focus, energy and overall well-being.

Progress, not perfection.

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