

## 1. What is the benefit of drinking Blue Water™?

Water is the body's principal chemical component and every single cell in your body requires water to function properly, so its quality and quantity is important.

Water in our body eliminates toxins, regulates body temperature, lubricates joints and even slight dehydration can make you feel tired, cause headaches, and affect blood pressure if not addressed.

Mannatech's Blue Water with Aloe Pulp is an exceptional source of hydration.\* The water is purified by flowing through the volcanic rock and then we add hand cultivated Aloe vera for increased effectiveness. Our water works overtime to support hydration and overall wellbeing in so many ways!\*

- Supports deep hydration at the cellular level\*
- Provides deep hydration to support more radiant, luminous skin\*
- Supports healthy digestion\*
- Supports a healthy microbiome\*
- Supports immune function\*
- Naturally soothing and refreshing\*
- Supports overall wellness\*
- Supports nutrient absorption, specifically Vitamin C and E\*

## 2. Who can enjoy Blue Water?

Anyone over the age of 12 can enjoy the delicious, refreshing benefits of Blue Water. (Due to the random sizing of the Aloe pulp, it is recommended for ages 12 and up to avoid any possible issue of choking. The water can be strained or used in pureed smoothies, if desired).

## 3. How much Blue Water can I drink?

We advise enjoying one bottle a day! Recommended total daily water intake is 11 -15 cups a day depending on your weight, activity levels and gender. We suggest enjoying Superfood drink mix, EMPACT+® performance drink mix or Ambrotose® powder to make your remaining water intake requirements robust and well-rounded.\*

## 4. Why did you add Aloe to it?

Aloe vera is the Mannatech reason for being! Aloe makes the perfect complement to this unique water so that it not only supports hydration but your overall health (from helping digestion + gut microbes to supporting cell-to-cell communication).\* You can learn more about the benefits of Aloe at <https://us.mannatech.com/products/acemannan>.

## 5. Why is it so important to take care of your immune system?

Your immune system is working 24/7 and 365 – meaning it works around the clock every day. From your visible skin down to every cell inside, its mission is to help your body defend itself. Because keeping yourself healthy is important, it's crucial to keep this amazing "machine" in top condition. Blue Water and the Aloe it contains provides fuel for the immune system!\*

## 6. But the water isn't actually blue, is it!?

No! There are no artificial colors or flavors! We took the regional location of the aquifer as inspiration for the name – located in a blue zone region (geographical locations that have been identified where the populations live longer, healthier lives) of Costa Rica on the coast of the Pacific Ocean. You might notice a slight amber effect from the Aloe vera pulp fibers, and this is perfectly natural.

## 7. What is the pH level of the water?

The average pH is 3.9. Other volcanic spring water brands can have a different pH level because the region where the water is sourced will have a different bedrock mineral concentration, weather, and environmental factors of the bottling process.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

### **8. How is Blue Water purified?**

Our water is sourced from a proprietary, naturally occurring volcanic aquifer that is fed by tropical rainfall. The igneous rock purifies the water as it passes through miles and miles of the rock's tiny, organic "filters".

### **9. How is the production of the water sustainable?**

Both the water and Aloe are sourced from the same certified Zero Carbon footprint company where all CO2 emissions are offset by 10,000+ acres of forest that also doubles as a natural wildlife sanctuary. The centuries old aquifer is sustainably fed by tropical rainfall that also irrigates the pesticide free Aloe fields in the drier seasons. Not to mention that all electricity used is self-sustaining. After the Aloe pulp is harvested the Aloe rinds are used as fertilizer and each acre of the Aloe fields gets 1 year of rest after production to restore the soil's integrity. Now that's refreshing!

### **10. What are some of the features Blue Water offers?**

Our formula which contains naturally sourced ingredients, is free from gluten, artificial colors, artificial flavors, and artificial sweeteners. It is vegan and allergy friendly as well as non-GMO.

### **11. I'm allergic to Aloe vera. Can I drink Blue Water?**

Individuals with allergies or sensitivities to any ingredients in our products should always consult their personal physician before use.

### **12. Why did Mannatech use xylitol in Blue Water?**

We chose xylitol because it is not sugar or an artificial sweetener. It is a popular choice among dentists, and it helps to support a healthy oral microbiome.

### **13. Why does the number of Aloe pulp pieces in each bottle vary?**

The amount of Aloe per bottle is not determined by the size or the number of pieces, it's measured for each bottle by weight. Our Aloe pulp is cut by hand and each Aloe leave is wide at the bottom and narrows to a sharp triangle at the top giving the size variation you will notice.

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