

The benefits of regular hydration

Drink before you feel thirsty, the right reflex

Good brain function

Understanding, coordination, speed, concentration, memory



Contribution to the good health of the body

Improvement in physical performances



Control of the body's temperature



Helps prevent constipation

Care of the kidneys

Protect against or slow down some kidney-related diseases (e.g. urinary infections)



The signs of dehydration

Know in order to recognise



Feeling of thirst



Dark-coloured and/or small quantity of urine



Unusual tiredness



Start of a headache



Dry eyes



Dry mouth and lips

