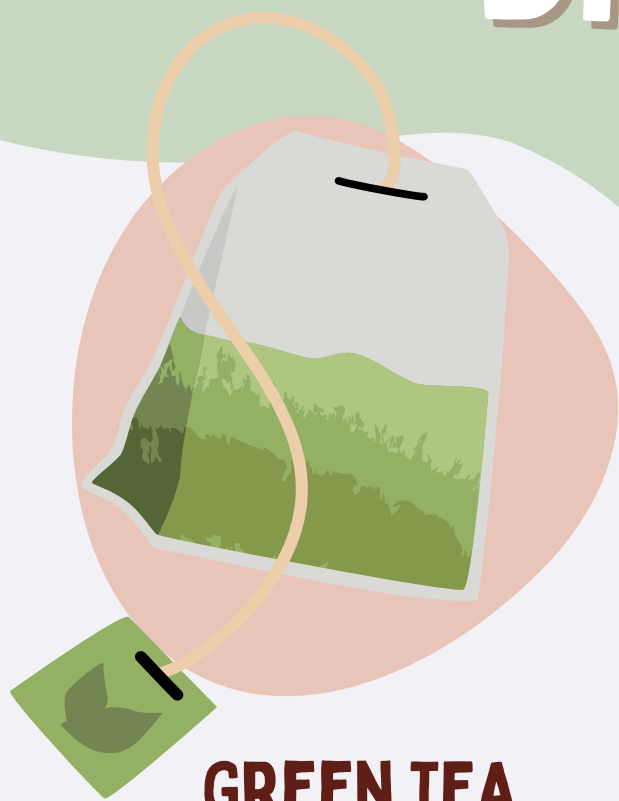


ALTERNATIVE DRINKS



GREEN TEA

Contains antioxidants that may help lower risk of heart disease and support weight loss¹



MATCHA

Contains a higher antioxidant content than other teas. Caffeine and L-theanine higher level than in others.

Researchers found the combination of the two may help improve mood and cognitive function.^{2, 3}



FLAVORED SPARKLING WATER

You can satisfy your sugar cravings and indulge. There are many Asian brands of sparkling water that has fruits such as; calamansi, lychee, plum, yuzu, and many more!



FRUIT INFUSED WATER

Use fresh fruits, herbs, and even veggies to sweeten your drink. The possibilities here are endless!

Sources

1. <https://www.ahajournals.org/doi/10.1161/JAHA.122.026477>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7231151/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8794723/>

