



CULLIGAN WATER WILL HYDRATE YOUR WELLNESS JOURNEY.

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The human body is made of 60% water and staying hydrated is important for so many reasons. The Centers for Disease Control and Prevention (CDC) says water removes wastes through urination, perspiration and bowel movements; keeps our body temperature normal; lubricates and cushions joints; and protects sensitive tissues like your spinal cord. Water can also help you maintain a strong immune system, boost your energy level, and potentially even help you lose weight.

However, when you feel thirsty it's your body's initial sign you need more water. Other signs of dehydration include headaches, dizziness and other issues in its mildest form and more serious problems if it gets severe. But it's not always a symptom of dehydration. Pay attention to the color of your urine: A lack of color or light yellow are ideal, while a dark color can signal it's time to drink up.

So, it's not surprising that when it comes to your wellbeing, drinking plenty of cleaner, safer, great-tasting water is key. When optimally filtered, this simple but essential element offers countless benefits for your body. Making sure you always have fresh, great-tasting water easily at hand can help. With that in mind, wouldn't you want the water you drink to be the best water possible?

A Culligan Water reverse osmosis system can provide an endless supply of high-quality water right to your tap, whenever you need it and with no plastic-bottle waste. You'll reduce total dissolved solids and particulates in your water by 95%, removing unpleasant odors and improving the taste in every glass. Plus, a Culligan reverse osmosis systems also can reduce contaminants such as lead, arsenic and pesticide runoff.

With affordable and hassle-free options from Culligan Water, your body, your planet, and even your wallet will welcome the healthy improvement. So, grab that reusable water bottle and create family-friendly menus with a variety of fruits and vegetables to make water a regular part of your day and an investment in your good health.



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Drinking Water System



Culligan Aquasential
Drinking Water System

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