

## Did you know?

- Filtered water from tap costs less than \$0.25 per gallon
- Bottled water is more expensive than gasoline at \$6/gallon
- More than 25% of bottled water comes from a municipal supply
- More than 80% of plastic water bottles are not recycled.
- Using a Big Green Jug daily would save over 2,190 plastic water bottles a year
- The 2009 Great American Cleanup volunteers recovered and recycled 243,00,000 littered plastic bottles

### Special Features

- Insulated jug is sweat free and keeps ice water cold up to 10 hrs.
- BPA free
- Made in USA
- Dishwasher safe
- Microwave safe

### Big Green Jug Pledge

I will do my best to reuse, reduce, and recycle all plastic and drink more water while encouraging others to do the same.

x

## Water Facts

- Adequate Intake<sup>1</sup> of fluid water  
**MEN-101 fluid ounces**  
**WOMEN-74 fluid ounces**
- Increase intake when you:  
Exercise (8oz. per 20 minutes)  
Drink alcohol (ounce per ounce)  
Live in dry climate (16oz. per day)
- The body uses water to:  
regulate body temperature,  
cushion and protect vital organs,  
transport most vitamins, aid in  
building and repairing muscles,  
and remove toxins.
- Water fills you up without adding any calories.
- Add a bit of lemon or lime to water for flavor if you get bored.
- Avoid water toxicity by consuming small amounts throughout the day.

<sup>1</sup>AI's cover daily minimum water losses to prevent dehydration.

