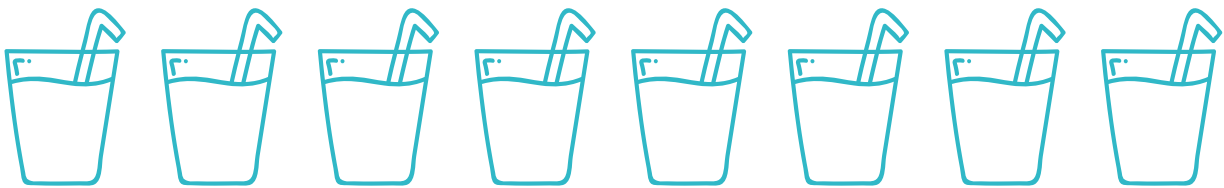


DRINKS GUIDE

Water

The daily recommended consumption of water is 8 glasses, which is the equivalent to 2.5 litres.



Coffee

The daily recommended consumption of coffee is between 1-2 cups a day. Over consumption of caffeine can affect your health in a variety of different ways - insomnia, breathing problems, diarrhea, dizziness, fever - to name a few.



Alcohol

The recommended daily consumption of alcohol is 2-3 units which is the equivalent to 1 glass of wine. Be mindful of your consumption habits of alcohol.

