

‘NUTRITIONAL TIPS’

BOTTLED WATER?

Bottled water may be all the vogue, but in many cases it's no better than the water in your tap.

Bottled water is convenient and that makes it nice for people who have trouble remembering to consume the recommended eight to 10 glasses of water they need each day.

When it comes to nutrition, some bottled water may not have the fluoride that is found in tap water. For most people, water is the best source of fluoride so relying on bottled water may compromise this intake.

Check the label for added fluoride or try filling an empty bottle with tap water so both the convenience and fluoride are still there.

What do you think of gasoline at \$2.50 per gallon?

What do you think of ‘Bottled Water’ at \$4.00 per gallon?

Price check it at the corner store out of the retail cooler!

What is this world coming to? Clean air is becoming about as expensive! Who’d a think it? For most of my life, I thought it was free

Wow!

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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