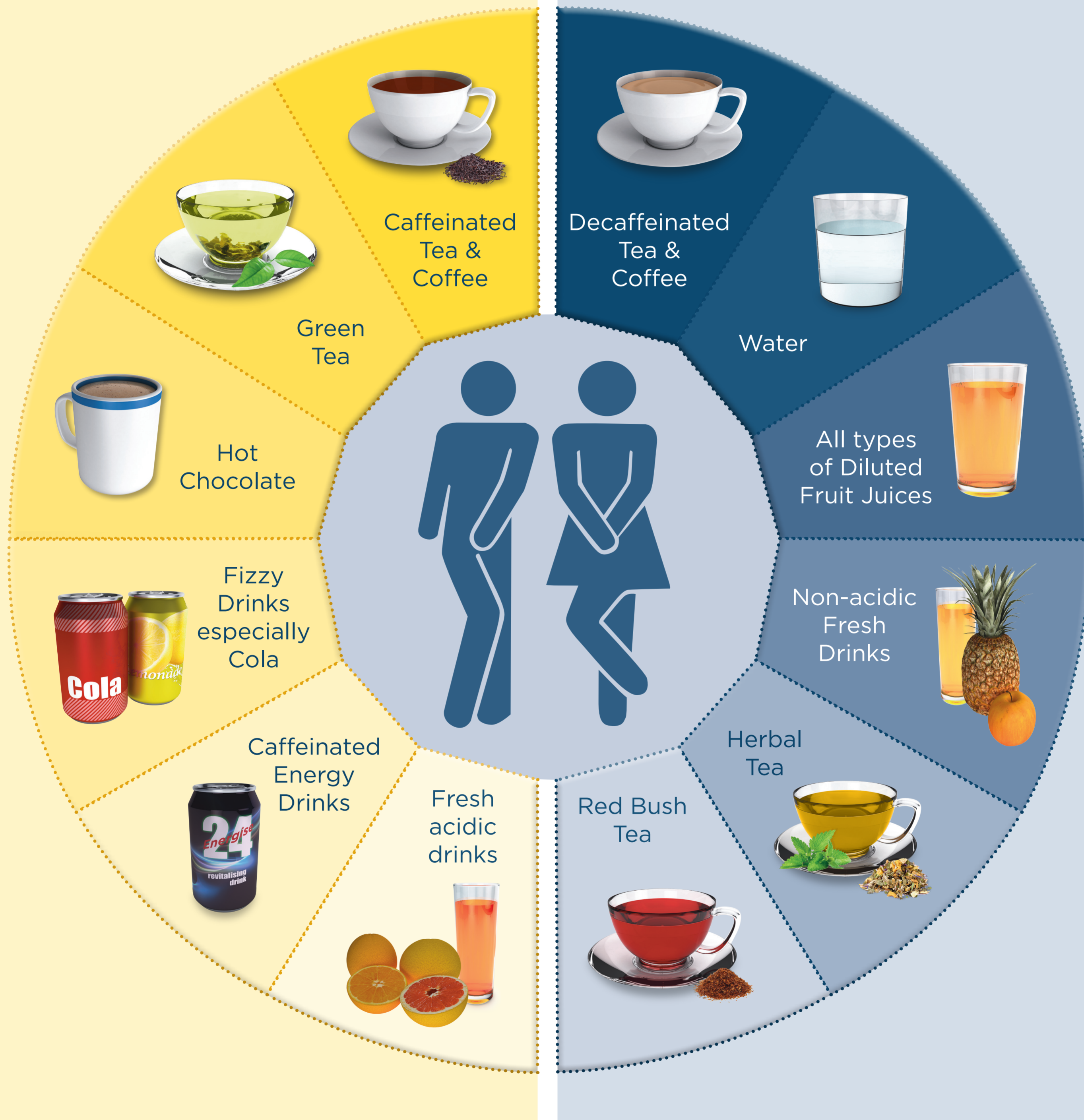


DRINKING FOR A HEALTHY BLADDER

Drinks that CAN irritate the bladder

Drinks that DON'T irritate the bladder



Don't cut back on your drinks

Consume 1.5 - 2 litres (6 - 10 average mug sizes) a day



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