**Social Media Posts Best Fruits, Herbs and Vegetables to Make Infused Water**

**Facebook:**

1. TIP: If you want to gain the most benefits from infused water, you’ll want to make sure you’re choosing the best ingredients. LINK

2. TIP: Did you know sage and parsley are fantastic herbs to add to infused water? LINK

3. TIP: When it comes to adding vegetables to infused water, carrots and beets are particularly great to use LINK

4. TIP: One of the best fruits to use in infused water for added immunity is blueberries. LINK

5. TIP: Apples and lemons are two of the best fruits to use in infused water LINK

**Twitter:**

1. Ensure you choose the best ingredients for your infused water LINK

2. Add parsley or sage to infused water for great health benefits LINK

3. Beets and carrots are fab for adding to infused water LINK

4. Boost your immunity with blueberry infused water LINK

5. Lemons and apples are fab fruits to use in infused water LINK