

REFIX



**Atlantic Rough Water
Costa da Morte, Spain**



JUST

WATER?

• MORE THAN WATER	8
• ATLANTIC PURITY	12
• THE FORCE OF NATURE	16
• THE COSTA DA MORTE	20
• A LOCAL PRODUCT WITH A GLOBAL FOCUS	24
• MORE OF A WAY OF LIFE	28
• YOUR BODY DESERVES IT	32

**MORE THAN
WATER**



REFIX is a recovery drink made with high quality, natural, Galician ingredients, of which its main ingredient is sea water collected from the Atlantic Ocean in Costa da Morte, Galicia, Spain. The water is collected from a strategically protected area by the Natura 2000 network (78 meters away from the coast and 4 meters deep) that has a superior quality over any other in on the European coast, verified by the weekly tests run by INTECMAR.

REFIX is a natural and sustainable restorative drink with no sugar, preservatives or colorings. Its taste is pleasantly saline with a hint of lemon.

REFIX is the only drink that contains 15% of the recommended daily value of magnesium in a completely natural way, which makes it one of the natural beverages with more benefits. REFIX sea water content is also highly alkaline with a pH of 8.

ATLANTIC
PURITY



The key component of REFIX is sea water, which contains many diluted minerals and organic elements necessary for life. The famous French philosopher René Quinton demonstrated, in his detailed work “Sea water, an organic medium” (L’eau de mer, milieu organique), published in 1904, the striking similarity between sea water and the organic liquids in the human body.

REFIX contains 15% of the recommended daily value of bioavailable magnesium in a completely natural way, and according to the Dietary Reference Intakes (DRIs) report set by the National Academy of Sciences, magnesium is related to the health of bones and to other body functions, for example:

- Magnesium is required for the synthesis of DNA, RNA and the major antioxidant glutathione*
- Magnesium is a cofactor in more than 300 cell enzyme systems that regulate protein synthesis, muscle and nerve function, blood glucose control, blood pressure regulation*
- Magnesium is required for energy production, oxidative phosphorylation and glycolysis*
- Magnesium contributes to the structural development of bones*
- Magnesium is required for the active transport of calcium and potassium across cell membranes – a process that is vital to nerve conduction, muscle contraction and normal heart rhythm*

THE FORCE OF NATURE

Sea water contains almost all of the chemical elements of the periodic table. The main elements are sodium, chloride, magnesium, calcium, and potassium, key components for correct muscular functionability. It also contains the other elements but in smaller doses or traces. The phytoplankton captures all the minerals. The zooplankton eats the phytoplankton and so starts the food chain which returns to the sea the bioavailable secretions made up of a set of minerals and by all the bioelements we need to live in the right proportions for the human body. The Atlantic coast of Galicia is one of the most biologically-productive areas in the world, and it has an inexhaustible supply of plankton, mainly because of two factors:

- **The temperature differences between summer and winter cause a constant vertical movement in the water column, so that nutrients and plankton are well distributed in the water instead of sinking to the bottom.**
- **The constant strong winds so characteristic of the Galician coastline push the surface water away from the coast, and as a result, the water underneath rises quickly to the surface, bringing up all of the nutrients that would otherwise remain on the sea bed. This phenomenon is known as upwelling.**

In addition to these factors, the Atlantic is an open, deep ocean, whose waters are in constant motion, maintaining a natural purification process.



**COSTA
DAMORTE**

With the production of REFIX, a natural, hydrating and recovery drink, we are supporting healthy, natural and sustainable eating as a way of life.

We extract the water from one of the cleanest, most unspoiled zones on the Costa da Morte, 70 meters from the shore and at a depth of 4 meters. The water in this strategic zone, protected by the Natura 2000 network, is of a greater quality than anywhere else on the European coast, according to analysis carried out weekly by The Institute of Technology for the Control of the Galician Marine Environment (INTECMAR).

The only extractive industry in this protected reserve is fishing, which uses traditional methods and small boats, which have a minimum impact on the environment. This zone is located far from any polluting urban areas, with a minimum presence of tourists which is exclusive only for the summer months, and whose presence in the area is mainly due to the region's gastronomy.

All of these factors combine to make the water of Costa da Morte the best quality water on the European coast, and it is precisely from here that we obtain our water.



A LOCAL PRODUCT

WITH A GLOBAL FOCUS



Our lemons supply the pleasant smell and mild flavor characteristic of REFIX. Stevia gives it its slight sweetness and sea water confers the salty taste that makes REFIX a product with a unique taste.

The minerals of the sea water make REFIX one of the beverages in the market today with the most benefits and our packaging make REFIX one of the most sustainable products in the market because:

- **We use glass bottles instead of plastic. Its recycling index in Europe is 74%**
- **We use an aluminum cap and its recycling index in Europe is 70%.**
- **We send our product all over the world in cardboard boxes 100% recycled.**
- **We only use black inks in all our packaging to reduce the consumption of more polluting color inks.**
- **We do not use conservatives nor colorings, synthetic components harmful to the environment.**
- **Lastly, we extract the water within a naturally protected area by the Natura 2000 network, therefore empowering the sustainability of natural resources.**

REFIX is an environmentally friendly product which is elaborated using local and sustainable ingredients and that has a global scope due to the great benefits it can provide society.

**MORE OF A
WAY OF LIFE**



We at REFIX make a responsible and sustainable use of the marine resources in the area, and in conjunction with the area's traditional fishing and its derived products, we generate a direct impact that improves the quality of life of the local population and the consumers, increasing the income of the area's active population, therefore promoting social and economic dynamics in the communities, and raising social awareness toward the development of the market for sustainable products.

Ingesting REFIX promotes natural, healthy, responsible and sustainable consumption.

**YOUR BODY
DESERVES IT**

REFIX is the only natural drink that contains magnesium in a natural way that helps:

- **To maintain normal muscle and nerve function***
- **To maintain healthy heart rhythms***
- **To absorb calcium and potassium***
- **To convert carbohydrates, protein and fat into energy***
- **Support normal protein synthesis***
- **Support glucose metabolism***
- **Support the formation and release of energy from cells***

Seawater is a complex and little understood medium that is undoubtedly a source of life. REFIX offers you all of the properties of sea water, and is a natural, healthy and sustainable product.



**DON'T FORGET
TO REFLEX**

***These statements have not been evaluated
by the Food and Drug Administration.**

**This product is not intended to diagnose,
treat, cure, or prevent any disease.**

refixyourself.com

REFIX