

Prizes for you!

| puzzles & prizes |

Exciting competitions and prizes – there's something for everyone...

An energising drink that's on tap

Win a water ioniser
plus a fully installed
filtration system
for your house

**WORTH
£2,500**



Aviva Water is offering you the opportunity to transform your ordinary tap water into an energising, rejuvenating drink. It's giving away a top-of-the-range ioniser – and ionised water can hydrate and energise every cell in the human body, leaving you feeling stronger, healthier and more vibrant.

Bursting with added antioxidants, ionised water is the ultimate anti-ageing tool and could help you stay youthful from the inside out, flushing out harmful toxins from the body.

Research shows that the alkaline properties of ionised water help reverse over-acidity in the cells. Top scientist Dr Robert Young has conducted in-depth research into the effects of over-acidity, concluding that it is a root



To be in with a chance of winning, just answer this question and follow the 'how to enter' instructions below: **What is the chemical symbol for water?**

a) H13O b) H2O c) HOBO

HOW TO ENTER: see below

cause of many health problems, including cancer, arthritis, heart disease and osteoporosis.

As well as an ioniser, one lucky winner will get a house filtration system to ensure their bathing water is great for their skin, too. In the Far East, ionisers are believed to have major health benefits, and one in five households has one installed. It's perhaps no coincidence that Japan has the longest life expectancy of all the developed nations.

• **Not a winner?** Call Aviva Water on 08000 336200 or visit www.avivawater.co.uk

**HOW TO
ENTER:**



Either enter by post:
(fill in the coupon on page 124)



Website: to enter for free, go to
www.yours.co.uk/win to give your details

Closing date:
September 24, 2010