

THIRD QUARTER 2018

ISSUE 5  
LE BLEU CENTRAL

# LE BLEU NEWSLETTER

SPECIAL OFFER

Summer  
**SALE**



5 CASES  
Only **\$49**



*Stock Up for Summer!*

**5 Cases of Le Bleu Regular 20 oz. for just \$49**

Order for your next delivery at [MyLeBleu.com](http://MyLeBleu.com)

\*No limit. Now through September 30, 2018.

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*LeBleu*  
ULTRA | PURE | WATER



# THE **POWER** OF THE MUSCADINE GRAPE

The Muscadine grape has over 100 powerful antioxidants that help neutralize free radicals and limit the amount of damage they cause. Each Mighty Muscadine product contains the power of these 100 antioxidants. From the supplement to the Muscadine juice, consumers can be confident they are receiving the most antioxidants available on the market today.



**BOGO**  
**\$24/case**  
**Buy One Case**  
**Get One FREE**

*Just 50¢ per bottle!*

The most delicious part of the Muscadine is in the juice that lies beneath the skin. Mighty Muscadine 100% Muscadine Grape Juice is made using only premium Muscadine Grapes. Enjoy the unique flavor and health benefits of this delicious antioxidant-rich 100% Muscadine grape juice!

24 10-oz. bottles per case. Order for your next delivery at [MyLeBleu.com](http://MyLeBleu.com)  
\*No limit. Now through September 30, 2018.

## DID YOU KNOW?

*It is estimated that by the age of 40, our antioxidant level is at 50%? By the age of 60-70, it is dropped down to around 5-10%? As we grow older, we begin to show the side effects of our decreasing supply of antioxidants. We experience more aches, pains and lost energy. Some of this may not be directly caused by getting older, but may be because of free radicals.*



*Only \$17*  
Regularly \$35

**PLUS**  
**free**  
**shipping!**



60 capsules/bottle

Mighty Muscadine Grape Seed Capsules  
NOW AVAILABLE through Le Bleu Central!  
Call today to order yours: 919-239-8000

# DEHYDRATION

Most of us love the summer months, spending time anywhere the weather's warm and working up a good sweat. But, according to Dr. Axe, long periods of hot, humid climates — or exposure to soaring temperatures in other forms, such as from exercising — can lead to problems associated with an electrolyte imbalance, including dehydration. Surveys show that 60 percent to 75 percent of Americans don't drink enough water daily! Being sure to stay properly hydrated, especially whenever you're losing fluids, is the very best way to feel your best and also ward off potential heat exhaustion and dehydration symptoms.

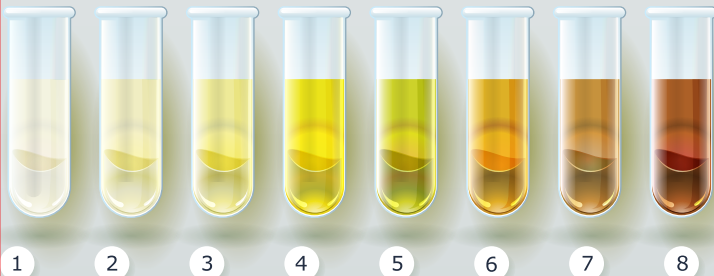
The most common warning signs and symptoms of dehydration include:

- Dry mouth
- Sleepiness
- Thirst
- Decreased urination
- Muscle weakness
- Fatigue
- Headache
- Dizziness
- Digestive issues
- Trouble Focusing



## URINE COLOR CHART

Urine varies in appearance, depending principally upon your level of hydration. Normal urine is a transparent solution ranging from colorless to amber but is usually a pale yellow. Strange colors could be harmless or could indicate serious issues. Seek medical advice for actual diagnosis of unusual colors.



If your urine matches the colors numbered 1, 2, or 3, you are hydrated.  
If your urine matches the colors numbered 4 up to 8 you are dehydrated and need to drink more fluid.

# Instructions for Cleaning and Sanitizing Water Cooler

Step 1: Unplug the cooler. Remove the 5-gallon bottle from the cooler.

Step 2: Remove the Water Safe – Water Guard top from cooler so that the reservoir is exposed.

Step 3: The reservoir will be full of water. With the reservoir full add 1 teaspoon of household bleach. Allow to stand about 15 minutes.

### \*\*WARNING\*\*

- DO NOT drain the HOT or RED faucets.
- DO NOT use household bleach in the HOT tank.
- As long as the red faucet is not drained, this will seal the hot tank.
- The cold faucet may be drained as instructed below.

Step 4: Drain faucets into pitcher and dispose of chlorinated water.

Step 5: Fill reservoir with clean Le Bleu Water. Completely drain cooler of the Le Bleu Water. Discard this water properly.

Step 6: Use a clean, damp cloth with water and household bleach to wipe down Water Safe – Water Guard. Do not get filter wet!

Step 7: Place Water Guard – Water Safe lid back on to the cooler then place the 5-gallon bottle back on to the cooler.

## TIPS:

1. Always wipe down your bottles before placing a new bottle on your cooler. Water bottles can become dirty from storage.
2. Never leave your cooler without a bottle on top. Leaving an empty bottle is better than no bottle, to help prevent dust from getting down into your cooler.
3. Always replace a new bottle while you are home and able to detect a leaking bottle. 95% of the time there is water on the floor, it is a leaking bottle and not the cooler itself.



[www.MyLeBleu.com](http://www.MyLeBleu.com)

The screenshot shows the MyLeBleu.com website. At the top left is the LeBleu logo with 'ULTRA PURE WATER' and 'Le Bleu Central Distributors' below it. The navigation bar includes links for NEWS, FAQs, PRE-ORDER (circled in red with an arrow pointing to it from the text 'Pre-Order for your next scheduled delivery!'), PAY BILL (circled in red with an arrow pointing to it from the text 'Pay your bill online!'), and social media icons. Below the navigation bar are links for About Us, Office Delivery, Home Delivery, Products, Equipment, and Contact Us. The main banner features two bottles of LeBleu water splashing in water. Below the bottles are two buttons: 'OFFICE DELIVERY' and 'HOME DELIVERY'. In the bottom right corner, there is a 'Chat' button (circled in red with an arrow pointing to it from the text 'Have a question?').

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Pre-order all of your products and get details on our company,  
water, coffee, equipment and delivery services.

Le Bleu Central Offices

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