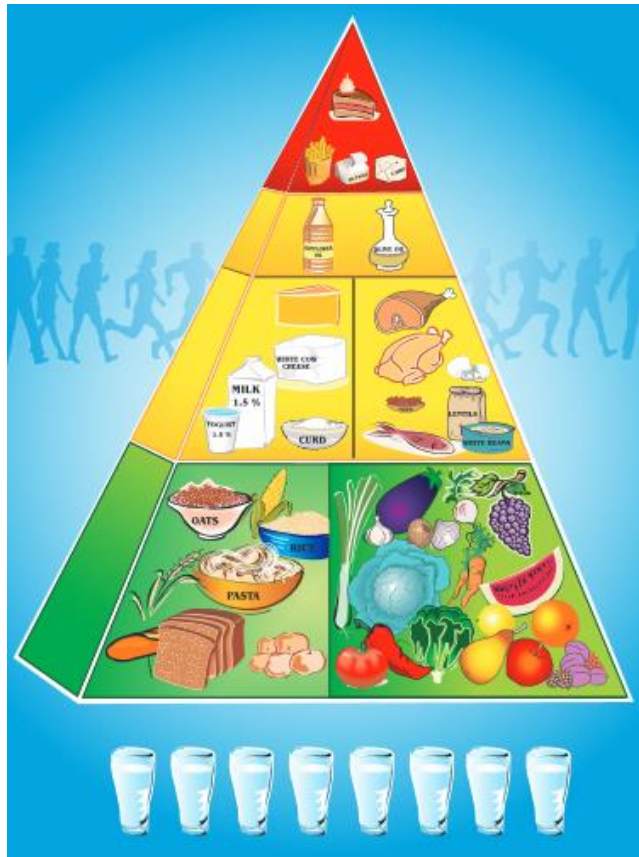


Country: Bulgaria

Author: Ministry of Health Ministry of Health



Key Message

Drink Plenty of Water Every Day. The best drink to satisfy thirst is drinking water and natural mineral water. Drink about 6-8 glasses of water every day (1.5-2 l) - this amount includes other drinks as tea etc.

Date of Record: 2006

Source of Information: [Link](#)