



Summer Wellness Maxim

"I believe that water is the only drink for a wise man."

-Henry David Thoreau

While most people are aware that **hydration**, the intake of water and electrolytes, is essential to their physical well being (especially in these hot summer months), less known is its impact on one's mental state. Recent studies conducted by the [British Journal of Nutrition](#) suggest that, "cognitive abilities and mood states are positively influenced by water consumption." The test subjects demonstrated a 14% decrease in reaction time when dehydrated and immediately improved upon rehydration. Thus, it is imperative for those with poor fluid regulation, i.e. children and the elderly, to drink more water to make up for decreased thirst sensation. Additional information can be found in the attached article from [Medical Daily](#).



Maxim believes preventative wellness is the most cost effective, efficacious, and empowering solution to numerous health related issues and presents an enormously attractive investment opportunity as consumer awareness rises and increasingly larger flows of private and public capital are directed toward healthy living.

OUR FOCUS

- Functional foods and Nutraceuticals
- Corporate Wellness
- Superfoods
- Ingredients and branded products
- Digestive health
- Fitness clubs, service, and equipment

For more information on Maxim and our Wellness practice, feel free to reach out to us directly or through our website: www.maximpartnersllc.com.

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