

Which water is best?

Comparison

Spring water	Table water	Osmotic water
Spring water has, like mineral water, to come from subterranean sources. The concentration of minerals depends on the individual source. It has to be germfree and unchlorinated.	Often made from drinking water or a mixture of different qualities. Can be chemically conditioned and aerated. In most cases, table water and mineral water sell for equal prices, though table water is of lower quality.	Tap water undergoes a special filter treatment which purges the water from all its contents, including minerals. The result is a filtered liquid without any contents.

Important Minerals and their Value

Minerals are substances which have a number of important functions in a living organism. Most of them cannot be produced by the body and therefore have to be supplied by food and drink. You can find a small list of minerals contained in our spring water below:

minerals	Important for...	Deficiency symptoms:
calcium	texture of bones and teeth, nervous system, keeping cardiovascular blood vessels healthy, blood coagulation	osteoporosis, rickets, cramps
magnesium	stress reduction, bone texture, functions of nerves and muscles, activating enzymes, metabolism	muscle cramps, nervousness, menstruation problems, bad fingernails
sodium	transmission of nervous impulses, muscle contraction, hydration, intake and transport of nutrients	bad digestion, neuralgias
chloride	supports the liver in cleansing the body from harmful substances, contributes to the production of gastric acid	hair loss, dental problems