



PRESS RELEASE

European Minerals Day: Minerals are the fingerprint of natural mineral waters

Brussels, 20.09.2019: There are more than 2000 different natural mineral water sources in Europe. Each natural mineral water is different, with its own distinct taste, a unique set of properties and a specific mineral composition, derived from the geological conditions of the areas where the water is sourced. On the occasion of the European Minerals Days 2019, the European Federation of Bottled Water (EFBW) publishes its brochure on “Minerals – the geological fingerprint of natural mineral waters”.

When rain falls, it seeps through the soil, mountains and rocks to the lower layers of the ground until it accumulates in a secluded and protected catchment area. Over the course of its long journey, sometimes thousands of years, the water is naturally filtered and enriched with minerals. This is how natural mineral water gains its unique taste and stable mineral compositions. Patricia Fosselard, General Secretary of EFBW highlights: “European thermal and natural mineral waters have a long history and are part of Europe’s cultural heritage. Each is unique and a reflection of the ‘terroir’ from which it is abstracted.”

Minerals are not only the fingerprint of natural mineral waters, but they can also significantly contribute to many bodily functions. As the body cannot produce minerals like Calcium, Magnesium or Bicarbonate on its own, natural mineral water may significantly contribute to the recommended daily intake of minerals and provides a natural source of healthy hydration. From low or very low mineralized to rich in minerals, European natural mineral waters offer an amazing diversity of tastes and mineral compositions.

Find the brochure here: [https://www.efbw.org/fileadmin/DOCUMENTS/Mineralisation Brochure FIN3.pdf](https://www.efbw.org/fileadmin/DOCUMENTS/Mineralisation_Brochure_FIN3.pdf)

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