

Some of the most common minerals found in natural mineral water:

Bicarbonate (HCO₃)

Bicarbonate is vital for maintaining the PH of our cells.

Calcium (Ca)

Calcium is indispensable to the development of bones and teeth, important for coagulation and routing nerve impulses to the muscle cells.

Chlorine (Cl)

Chlorine regulates, together with sodium, the water balance and forms a constituent of gastric juices required for proper digestion.

Fluoride (F)

Fluoride helps to prevent tooth decay.

Iron (Fe)

Iron assists in creating red corpuscles and permits blood to absorb and issue oxygen.

Magnesium (Mg)

Magnesium routes nerve impulses to muscle cells, maintains normal metabolic processes and acts in numerous metabolic functions. Activates enzymes for energy supply.

Phosphate (PO₄)

Helps to produce energy and is a building block of nuclear acids.

Potassium (K)

Potassium regulates water balance, muscle and nerve functions, and acid/base reactions.

Silicium (SiO₂)

Silicium is required for bone structure

Sodium (Na)

Sodium is important for regulating tissue tension, water balance, and muscular sensitivity and contractions.

Sulphate SO₂

Sulphate helps the body to eliminate toxins and is important for hair, cartilage, blood vessels and connective tissue

Zinc (Z)

Zinc is vital to cell division, healing of wounds and growth.